



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LIFE CENTER YMCA - POOL SCHEDULE March 26th-May 16th

Time	Lane 1	Lane 2	Lane 3	Shallow Swim	Deep Swim
MONDAY					
5:00AM-8:00AM	Lap Swim			Open Swim	
8:00AM-10:30AM	Lap Swim			GroupEx Class	
10:30AM-3:00PM	Lap Swim			Open Swim	
3:00PM-5:00PM	Lap Swim			Swim Lessons	Open Swim
5:00PM-7:30PM	Lap Swim			Open Swim	
TUESDAY					
5:00AM-8:00AM	Lap Swim			Open Swim	
8:00AM-10:30AM	Lap Swim			GroupEx Class	
10:15AM-6:15PM	Lap Swim			Open Swim	
6:15PM-7:10PM	Lap Swim			GroupEx Class	
7:10PM-7:30PM	Lap Swim			Open Swim	
WEDNESDAY					
5:00AM-8:00AM	Lap Swim			Open Swim	
8:00AM-10:30AM	Lap Swim			GroupEx Class	
10:30AM-3:00PM	Lap Swim			Open Swim	
3:30PM-6:00PM	Lap Swim			Swim Lessons	Open Swim
5:00PM-7:30PM	Lap Swim			Open Swim	
THURSDAY					
5:00AM-8:00AM	Lap Swim			Open Swim	
8:00AM-10:30AM	Lap Swim			GroupEx Class	
10:15AM-6:15PM	Lap Swim			Open Swim	
6:15PM-7:10PM	Lap Swim			GroupEx Class	
7:10PM-7:30PM	Lap Swim			Open Swim	
FRIDAY					
5:00AM-8:00AM	Lap Swim			Open Swim	
8:00AM-10:30AM	Lap Swim			GroupEx Class	
10:30AM-2:30PM	Lap Swim			Open Swim	
2:30PM-5:00PM	Lap Swim			Swim Lessons	Open Swim
5:00PM-7:00PM	Lap Swim			Open Swim	
SATURDAY					
8:00AM-9:15AM	Lap Swim			Open Swim	
9:15AM-10:10AM	Lap Swim			GroupEx Class	
10:10AM-5:30PM	Lap Swim			Open Swim	
SUNDAY					
1:00PM-5:30PM	Lap Swim			Open Swim	

SCHEDULE IS SUBJECT TO CHANGE AT ANY TIME***

NOTE: All Friday's moving forward, the pool will be closing at 7:00PM to allow for required staff training.