

HALE YMCA Youth & Family Center

Aquatics Schedule - Lap Pool

860.315.9622 | HaleYMCA.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Session - Winter 1

1/01/20 - 2/16/20

MONDAY

Pool Opens 5 AM

5:00 AM - 6:00 AM

Lap Swim (5 Lanes)

Adult Master Swim Club
(Lanes 4,5,6)

6:00 AM - 8:00 AM

Lap Swim (8 Lanes)

8:00 AM - 9:00 AM

Lap Swim (4 Lanes)

Aqua Fitness (4 Lanes)

9:00 AM - 3:00 PM

Lap Swim (8 Lanes)

3:00 PM - 3:30 PM

Lap Swim (4 Lanes)

Swim Rentals (4 Lanes)

3:30 PM - 4:00 PM

Lap Swim (1 Lane)

Swim Rentals (7 Lanes)

4:00 PM - 4:30 PM

Lap Swim (5 Lanes)

Swim Rentals (3 Lanes)

4:30 PM - 5:00 PM

Lap Swim (4 Lanes)

Swim Rentals (3 Lanes)

5:00 PM - 6:30 PM

Lap Swim (3 Lanes)

Swim Team (4 Lanes)

Swim Lessons (1 Lane)

6:30 PM - 7:30 PM

Lap Swim (4 Lanes)

Swim Team (4 Lanes)

7:30 PM - 8:30 PM

Lap Swim (8 Lanes)

Pool Closes 8:30
PM

TUESDAY

Pool Opens 5 AM

5:00 AM - 8:45 AM

Lap Swim (8 Lanes)

8:45 AM - 10:00 AM

Lap Swim (4 Lanes)

Aqua Fitness (4 Lanes)

10:00 AM - 3:00 PM

Lap Swim (8 Lanes)

3:00 PM - 3:30 PM

Lap Swim (4 Lanes)

Swim Rentals (4 Lanes)

3:30 PM - 4:00 PM

Lap Swim (1 Lane)

Swim Rentals (7 Lanes)

4:00 PM - 4:30 PM

Lap Swim (5 Lanes)

Swim Rentals (3 Lanes)

4:30 PM - 5:00 PM

Lap Swim (4 Lanes)

Swim Rentals (3 Lanes)

5:00 PM - 5:30 PM

Lap Swim (3 Lanes)

Swim Team (4 Lanes)

Swim Lessons (1 Lane)

5:30 PM - 6:30 PM

Lap Swim (1 Lane)

Swim Team (4 Lanes)

Aqua Fitness (2 Lanes)

Swim Lessons (1 Lane)

6:30 PM - 7:30 PM

Lap Swim (4 Lanes)

Swim Team (4 Lanes)

7:30 PM - 8:30 PM

Lap Swim (8 Lanes)

Pool Closes 8:30
PM

WEDNESDAY

Pool Opens 5 AM

5:00 AM - 8:45 AM

Lap Swim (8 Lanes)

8:45 AM - 10:00 AM

Lap Swim (4 Lanes)

Aqua Fitness (4 Lanes)

10:00 AM - 3:00 PM

Lap Swim (8 Lanes)

3:00 PM - 3:30 PM

Lap Swim (4 Lanes)

Swim Rentals (4 Lanes)

3:30 PM - 4:00 PM

Lap Swim (1 Lane)

Swim Rentals (7 Lanes)

4:00 PM - 4:30 PM

Lap Swim (5 Lanes)

Swim Rentals (3 Lanes)

4:30 PM - 5:00 PM

Lap Swim (4 Lanes)

Swim Rentals (3 Lanes)

5:00 PM - 5:30 PM

Lap Swim (3 Lanes)

Swim Team (4 Lanes)

Swim Lessons (1 Lane)

5:30 PM - 6:30 PM

Lap Swim (1 Lane)

Swim Team (4 Lanes)

Aqua Fitness (2 Lanes)

Swim Lessons (1 Lane)

6:30 PM - 7:30 PM

Lap Swim (4 Lanes)

Swim Team (4 Lanes)

7:30 PM - 8:30 PM

Lap Swim (8 Lanes)

Pool Closes 8:30
PM

THURSDAY

Pool Opens 5 AM

5:00 AM - 6:00 AM

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Adult Master Swim Club
(Lanes 4,5,6)

6:00 AM - 8:00 AM

Lap Swim (8 Lanes)

8:00 AM - 9:00 AM

Lap Swim (4 Lanes)

Aqua Fitness (4 Lanes)

9:00 AM - 3:00 PM

Lap Swim (8 Lanes)

3:00 PM - 3:30 PM

Lap Swim (4 Lanes)

Swim Rentals (4 Lanes)

3:30 PM - 4:00 PM

Lap Swim (1 Lane)

Swim Rentals (7 Lanes)

4:00 PM - 4:30 PM

Lap Swim (5 Lanes)

Swim Rentals (3 Lanes)

4:30 PM - 5:00 PM

Lap Swim (4 Lanes)

Swim Rentals (3 Lanes)

4:30 PM - 5:00 PM

Lap Swim (4 Lanes)

Swim Rentals (3 Lanes)

Swim Lessons (1 Lane)

5:00 PM - 7:00 PM

Lap Swim (3 Lanes)

Swim Team (4 Lanes)

Swim Lessons (1 Lane)

6:00 PM - 7:30 PM

Lap Swim (4 Lanes)

Swim Team (4 Lanes)

Pool Closes 7:30
PM

FRIDAY

Pool Opens 7 AM

7:00 AM - 9:00 AM

Lap Swim (8 Lanes)

9:00 AM - 12:00 PM

Lap Swim (7 Lanes)

Swim Lessons (1 Lane)

10:30 AM - 5:30 PM

Lap Swim (8 Lanes)

Pool Opens 7 AM

7:00 AM - 10:30 AM

Lap Swim (8 Lanes)

10:30 AM - 11:30 AM

Lap Swim (7 Lanes)

Swim Lessons (1 Lane)

10:30 AM - 3:30 PM

Lap Swim (8 Lanes)

Pool Closes 3:30
PM

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Aquatics Schedule – Warm Water Pool

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Session - Winter 1

1/01/20 - 2/16/20

MONDAY

Pool Opens 7 AM

7:00 AM – 8:00 AM

Adult Leisure

Family swim in shallow end

8:00 AM – 12:00 PM

Family Swim

12:00 PM – 1:00 PM

Silver Sneakers SPLASH

Family swim in shallow end

1:00 PM – 4:30 PM

Family Swim

4:30 PM – 6:30 PM

Swim Lessons

Family swim in shallow end

6:30 PM – 8:30 PM

Family Swim

Pool Closes 8:30 PM

TUESDAY

Pool Opens 7 AM

7:00 AM – 8:00 AM

Adult Leisure

Family swim in shallow end

8:00 AM – 12:00 PM

Family Swim

12:00 PM – 1:00 PM

Silver Sneakers SPLASH

Family swim in shallow end

1:00 PM – 4:30 PM

Family Swim

4:30 PM – 6:30 PM

Swim Lessons

Family swim in shallow end

6:30 PM – 8:30 PM

Family Swim

Pool Closes 8:30 PM

WEDNESDAY

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7:00 AM – 8:00 AM

Adult Leisure

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8:00 AM – 12:00 PM

Family Swim

12:00 PM – 1:00 PM

Silver Sneakers SPLASH

Family swim in shallow end

1:00 PM – 4:30 PM

Family Swim

4:30 PM – 6:30 PM

Swim Lessons

Family swim in shallow end

6:30 PM – 8:30 PM

Family Swim

Pool Closes 8:30 PM

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Family Swim

4:30 PM – 6:30 PM

Swim Lessons

Family swim in shallow end

6:30 PM – 8:30 PM

Family Swim

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Family swim in shallow end

1:00 PM – 4:30 PM

Family Swim

4:30 PM – 6:30 PM

Swim Lessons

Family swim in shallow end

6:30 PM – 8:30 PM

Family Swim

Pool Closes 8:30 PM

SATURDAY

Pool Opens 9 AM

9:00 AM – 9:30 AM

Family swim

9:30 AM – 11:30 AM

Swim Lessons

Family Swim in shallow end

11:30 AM – 1:00 PM

Family swim

1:00 PM – 2:00 PM

Shared Pool

Family Swim/Birthday Parties

2:00 PM – 5:30 PM

Family Swim

Pool Closes 5:30 PM

SUNDAY

Pool Opens 9 AM

9:00 AM – 9:30 AM

Family Swim

9:30 AM – 11:00 AM

Swim Lessons

Family swim in shallow end

11:30 AM – 1:00 PM

Family Swim

1:00 PM – 2:00 PM

Shared Pool

Family Swim/Birthday Parties

2:00 PM – 5:30 PM

Family Swim

Pool Closes 5:30 PM