FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HAMDEN/NORTH HAVEN YMCA

POOL SCHEDULE

Effective: January 1, 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM	**AM**	**AM**	**AM**	**AM**	**AM**
5::30 Lap Swim 2 lanes 7:30 Fitness Swim 2 Ln	5:30 Lap Swim 4 Ln 12:00	5:30 Lap Swim 2 Ln 7:30 Fitness Swim 2Ln	5:30 Lap Swim 4 Ln 10:15	5:30 Lap Swim 2 Ln 7:30 Fitness Swim 2 Ln	6:30 Lap Swim 4 Ln 8:45
7:30 Lap Swim 4 Lanes 10:00		7:30 Lap Swim 4 Ln 10:00	10:15 Lap Swim 2 Lanes 11:15 Aqua Zumba 2 L	7:30 Lap Swim 2 Ln 10:00 ACES 2 Ln	8:45 Lessons 4 Ln 11:30
10:00 Lap Swim 2 Lanes 10:30 Lessons 2 Lanes		10:00 ACES 2 Ln 10:30 Lap Swim 2 Ln	11:15 Lap Swim 2 Lns 12:00 Open Swim 2 Ln	10:00 ACES 2 Ln 11:30 Lap Swim 2 Ln	11:30 AquaZumba2 L 12:30 Lessons 1 Ln Lap Swim 1 Ln
10:30 Lap Swim 1 Ln 11:30 Aqua Fit 3 Ln		10:30 Aqua Fit 3 Ln** 11:30 Lap Swim 1 Ln		11:30 Aqua Fit 3 Ln 12:30 Lap Swim 1 Ln	12:30 Open Swim 2 Ln 5:15 Lap Swim 2 Ln
11:30 Lap Swim 2 Ln 12:00 Open Swim 2 Ln		11:30 Open Swim 2 Ln 12:00 Lap Swim 2 Ln			

PM	PM	PM	PM	PM	SUNDAY AM/PM
12:00 Lap Swim 2 Ln 4:30 Open Swim 2 Ln	12:00 Lap Swim 2 Ln 4:30 Open Swim 2 Ln	12:00 Lap Swim 2 Ln 4:30 Open Swim 2 Ln	12:00 Lap Swim 2 Ln 4:30 Open Swim 2 Ln	12:30 Lap Swim 2 Ln 4:30 Open Swim 2 Ln	10:00 Lap Swim 2 Ln 11;00 Swim Team 2 Ln
4:30 Lessons 2 Ln 5:00 Lap Swim 2 Ln	4;30 Lessons 2 Ln 5:00 SACC 2 Ln	4:30 Lessons 2 Ln 5:00 Lap Swim 2 Ln	4:30 Lessons 2 Ln 5;00 SACC 2 Ln	4:30 SACC 2 Ln 5:00 Lap Swim2 Ln	11:00 Lessons 2 Ln 12:00 Swim Team 2 Ln
5:00 Lessons 2 Ln 6:30 Swim Team 2 Ln	5:00 Lessons 2 Ln 7:00 Swim Team 2 Ln	5:00 Lessons 2 Ln 6:30 Swim Team 2 Ln	5:00 Lessons 2 Ln 6:30 Swim Team 2 Ln	5:00 Swim Team 3 Ln 5:15 SACC 1 Ln	12:30 Lessons 2 Ln 1:15 Lap Swim 2 Ln
6:30 Lessons 2 Ln 7:15 Swim Team2 Ln	7:00 Lessons 2 Ln 8:00 Swim Team 2 Ln	6:30 Lessons 1 Ln 7:15 Swim Team 3Ln	6:30 Lessons 2 Ln 7:15 Swim Team 2 Ln	5:15 Swim Team 3 Ln 8:30 Lessons 1 Ln	1:15 Lap Swim 2 Ln 4:45 Open Swim 2 Ln
7:15 Swim Team 2 Ln 8:00 Lessons 2 Ln	8:00 Open Swim 2 Ln 9:15 Lap Swim 2 Ln	7:15 Lessons 2 Ln 8:00 Swim Team 2 Ln	7:15 Lessons 2 Ln 8:00 Swim Team2 Ln	8:30 Lap Swim 2 9:15 Open Swim 2 Ln	
8:00 Swim Team 2 Ln 8:30 Open Swim 2 Ln		8:00 Open Swim 2 Ln 8:30 Swim Team 2 Ln	8:00 Lessons 2 Ln 8:45 Open Swim 2 Ln		
8:30 Open Swim 2 Ln 9:15 Lap Swim 2 Ln		8;30 Open Swim 2 Ln 9:15 Lap Swim 2 Ln	8:45 Open Swim 2 Ln 9:15 Lap Swim 2 Ln		

Lap Swim: Continuous swim only. No Family or Open swim.
Open Swim: Lap or Family Swim

**2nd Wed, of each month class meets at 10am

Showers taken before entering.

FACILITY HOURS
M-F 5:30am – 9:30pm
Sat 6:30am – 5:30pm
Sun 10:00am – 5:00pm

CHILD WATCH HOURS
M & W 9:00am – 12:00pm
T & Th 9:15pm – 12:00pm
F 9:00am–11:00am
M-W 5:15pm – 7:15pm

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