



# Pool Schedule

Lebanon  
Family YMCA  
Effective:  
December 2023

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am - 7:30am	OPEN/ LAP SWIM (until 8:20am)	OPEN/ LAP SWIM	OPEN/ LAP SWIM (until 8:20am)	OPEN/ LAP SWIM	OPEN/ LAP SWIM (until 8:20am)	
7:30am - 8:30am		FITNESS WITH A SPLASH				
8:30am - 9:30am	AQUA FIT	OPEN/ LAP SWIM	DEEP WATER AQUAFIT		DEEP WATER AQUAFIT	
9:30am - 1:00pm	OPEN/ LAP SWIM		OPEN/ LAP SWIM		OPEN/ LAP SWIM	OPEN/ LAP SWIM (9am-1:45pm)
1:00pm - 2:00pm		HOME SCHOOL P.E. ONLY				
3:30pm - 5:30pm	HIGH SCHOOL ONLY	HIGH SCHOOL ONLY	HIGH SCHOOL ONLY	HIGH SCHOOL ONLY	HIGH SCHOOL ONLY	
5:30pm - 7:30pm	OPEN/ LAP SWIM  YMCA SWIM TEAM (LANES 1, 2, 3 AND 4)	OPEN/ LAP SWIM  YMCA SWIM TEAM (LANES 1, 2, 3 AND 4)	OPEN/ LAP SWIM	OPEN/ LAP SWIM  YMCA SWIM TEAM (LANES 1, 2, 3 AND 4)	OPEN/ LAP SWIM	