

the **POOL
SCHEDULE**

Lebanon Family YMCA
Effective: October 2025

*times subject to change for rentals/ events

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am -7:30am	OPEN/ LAP SWIM	OPEN/ LAP SWIM	OPEN/ LAP SWIM	OPEN/ LAP SWIM	OPEN/ LAP SWIM	CLOSED
7:30am -8:20am		FITNESS WITH A SPLASH 7:30-8:30				
8:20am -9:40am	AQUA FIT		DEEP WATER AQUAFIT		YOGA AQUAFIT	
9:40am -1:00pm	OPEN/ LAP SWIM	OPEN/ LAP SWIM	OPEN/ LAP SWIM		OPEN/ LAP SWIM	OPEN/ LAP SWIM
1:00pm -3:45pm	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	
3:45pm -7:30pm	LHS Swim Practice 3:45-5:30 Lanes 1-3 Y Swim Practice 5:30-7:30 Lanes 1-4 OPEN SWIM	LHS Swim Practice 3:45-5:30 Lanes 1-3 Y Swim Practice 5:30-7:30 Lanes 1-4 OPEN SWIM	LHS Swim Practice 3:45-5:30 Lanes 1-3 OPEN/ LAP SWIM	LHS Swim Practice 3:45-5:30 Lanes 1-3 Y Swim Practice 5:30-7:30 Lanes 1-4 OPEN SWIM	LHS Swim Practice 3:45-5:30 Lanes 1-3 OPEN/ LAP SWIM	CLOSED