



POOL SCHEDULE

Lebanon Family YMCA
Effective: January 2026

*times subject to change for rentals/ events

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am -7:30am	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN 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	OPEN SWIM 9:00 -1:45
9:40am -1:00pm	OPEN SWIM	OPEN SWIM	OPEN SWIM		OPEN SWIM	
1:00pm -3:45pm	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	
3:45pm -5:45pm	LHS Swim Practice Lanes 1-6	LHS Swim Practice Lanes 1-6	LHS Swim Practice Lanes 1-6	LHS Swim Practice Lanes 1-6	LHS Swim Practice Lanes 1-6	CLOSED
5:30pm -7:30pm	Y Swim Practice Lanes 1-4 OPEN SWIM	Y Swim Practice Lanes 1-4 OPEN SWIM	OPEN SWIM AQUA ZUMBA 6:30-7:30	Y Swim Practice Lanes 1-4 OPEN SWIM	OPEN SWIM	