



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
7:30am -8:20am	OPEN SWIM	FITNESS WITH A SPLASH 7:30-8:30	OPEN SWIM			
8:20am -9:40am	AQUA FIT		DEEP WATER AQUAFIT	OPEN SWIM	YOGA AQUAFIT	CLOSED
9:40am -1:00pm	OPEN SWIM	OPEN SWIM	OPEN SWIM		OPEN SWIM	OPEN SWIM 9:00 -1:45
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	Y Swim Practice Lanes 1-4	OPEN SWIM	Y Swim Practice Lanes 1-4	OPEN SWIM	
	OPEN SWIM	OPEN SWIM	AQUA ZUMBA 6:30-7:30	OPEN SWIM		