



M.E. Lyons YMCA Indoor Pool Schedule

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday
Lap Swim (6 Lanes) 5:45-8:00 AM		Lap Swim (6 Lanes) 5:45-9:00 AM		Lap Swim (6 Lanes) 5:45-8:00 AM		Lap Swim (6 Lanes) 5:45-9:00 AM		Lap Swim (6 Lanes) 5:45-8:00 AM		Synchro 5:45-7:30 AM	Lap Swim (3 Lanes) 5:45-7:30 AM	Schedule effective Sept. 2 - Dec. 20 *Subject to change POOL CLOSED
Just My Speed 8:00-8:55 AM	Lap Swim (2 Lanes)			Just My Speed 8:00-8:55 AM	Lap Swim (2 Lanes)			Just My Speed 8:00-8:55 AM	Lap Swim (2 Lanes)	Swim Lessons 9:00-10:00 AM	Shallow H2O 9:00-10:00 AM	
Deep H2O / H2O Motion 9:00-9:55 AM	8:00-10:00 AM	Shallow H2O 9:00-10:00 AM	Masters Practice 9:00-10:00 AM	Deep H2O / H2O Motion 9:00-9:55 AM	8:00-10:00 AM	Swim Lessons 9:00-10:00 AM	Shallow H2O 9:00-10:00 AM	Deep H2O / H2O Motion 9:00-9:55 AM	8:00-10:00 AM	Adapted Lessons 8:30-10:00 AM		
Shallow 10:00-10:45 AM	Swim Lessons	Deep H2O 10-10:55 AM	Swim Lessons	Shallow 10:00-10:45 AM	Swim Lessons	Deep H2O 10-10:55 AM	Swim Lessons	H2O Pilates 10:00-10:30 AM	Swim Lessons	Deep H2O 10:05-11:00 AM	Swim Lessons	
Deep H2O 11-11:55 AM	10:00-12:30 PM	Adult Lap (3) 11:00-12:00 PM	10:00-12:30 PM	Deep H2O 11-11:55 AM	10:00-12:30 PM	Adult Lap (3) 11:00-12:00 PM	10:00-12:30 PM	Deep H2O 11-11:55 AM	10:00-12:30 PM	Lessons 10:00-12:15 PM	10:00-12:15 PM	
Lap Swim (6 Lanes) 12:30-1:30 PM		Lap Swim (6 Lanes) 12:30-1:30 PM		Lap Swim (6 Lanes) 12:30-1:30 PM		Lap Swim (6 Lanes) 12:30-1:30 PM		Lap Swim (6 Lanes) 12:30-1:30 PM		Lap Swim (6 Lanes) 12:15-1:30 PM		Lap Swim (6 Lanes) 12:00-2:00 PM
Lap Swim (2 Lanes) 1:30-3:00 PM	Swim Lessons 1:30-3:00 PM	Lap Swim (2 Lanes) 1:30-3:00 PM	Swim Lessons 1:30-3:00 PM	Lap Swim (2 Lanes) 1:30-3:00 PM	Swim Lessons 1:30-3:00 PM	Lap Swim (2 Lanes) 1:30-3:00 PM	Swim Lessons 1:30-3:00 PM	Lap Swim (2 Lanes) 1:30-3:00 PM	Swim Lessons 1:30-3:00 PM	Synchro 1:30-3:00 PM		
Open Swim (3 Lanes) 3:00-4:00 PM		Open Swim (3 Lanes) 3:00-4:00 PM		Open Swim (3 Lanes) 3:00-4:00 PM		Open Swim (3 Lanes) 3:00-4:00 PM		Open Swim (3 Lanes) 3:00-4:00 PM		Open Swim (3 Lanes) 3:00-8:30 PM		Open Swim (3 Lanes) 2:00-6:00 PM
Swim Lessons 4:00-5:30 PM		Swim Team 4:00-5:30 PM		Swim Lessons 4:00-5:30 PM		Swim Team 4:00-5:30 PM		Swim Team 4:00-6:45 PM				
Swim Team 5:30-7:45 PM		Open Swim (3 Lanes) 5:30-6:30 PM		Swim Team 5:30-7:45 PM		Open Swim (3 Lanes) 5:30-6:30 PM		Open Swim (3 Lanes) 6:45-10:00 PM		POOL CLOSED		
TNT 7:45-8:25 PM	Adult Lap (3 Lanes) 7:30-8:25 PM	Swim Lessons 6:30-8:10 PM	TNT 7:45-8:25 PM	Adult Lap (3 Lanes) 7:30-8:25 PM	Swim Lessons 6:30-8:10 PM	Deep H2O 7:30-8:25 PM						
Synchro (Deep Only) 8:30-9:45 PM	Open Swim (3 Lanes) 8:30-10:00 PM	Deep H2O 7:30-8:25 PM	Open Swim (3 Lanes) 7:20-10:00 PM		Open Swim (3 Lanes) 8:25-10:00 PM							