



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		Lap Swim (6 Lanes) 6:00-7:30 AM		Schedule effective February 1 - 28 *Subject to change POOL CLOSED
Just My Speed 8:00-8:55 AM	Lap Swim (2 Lanes) 8:00-10:00 AM			Just My Speed 8:00-8:55 AM	Lap Swim (2 Lanes) 8:00-10:00 AM			Just My Speed 8:00-8:55 AM	Lap Swim (2 Lanes) 8:00-10:00 PM	Swim Team 7:30-8:30 AM		
Deep H2O / H2O Motion 9:00-9:55 AM	Shallow H2O 9:00-10:00 AM		Masters Practice 9:00-10:00 AM	Deep H2O / H2O Motion 9:00-9:55 AM			Masters Practice 9:00-10:00 AM	Shallow H2O 9:00-10:00 AM	Deep H2O / H2O Motion 9:00-9:55 AM	Adapted Lessons 8:30-10:00 AM		
Shallow 10:00-10:45 AM	Swim Lessons 10:00-11:30 PM	Deep H2O 10-10:55 AM	Swim Lessons 10:00-12:00 PM	Shallow 10:00-10:45 AM	Swim Lessons 10:00-11:30 PM	Deep H2O 10-10:55 AM	Swim Lessons 10:00-12:00 PM	H2O Pilates 10:00-10:45 AM	Lessons 10:00-11:00 AM	Deep H2O 10:05-11:00 AM	Swim Lessons 10:00-12:15 PM	
Deep H2O 11-11:55 AM	Adult Lap (3) 11:00-12:00 PM		Deep H2O 11-11:55 AM		Adult Lap (3) 11:00-12:00 PM		Deep H2O 11-11:55 AM		Lap Swim (3) 11:00-12:00 PM		Lessons 11:00-12:15 PM	
Lap Swim (6 Lanes) 12:30-1:30 PM		Lap Swim (6 Lanes) 12:00-1:30 PM		Lap Swim (6 Lanes) 12:00-1:30 PM		Lap Swim (6 Lanes) 12:00-1:30 PM		Lap Swim (6 Lanes) 12:00-3:00 PM		Lap Swim (6 Lanes) 12:00-1:30 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			Synchro 1:30-3:00 PM		
Lap Swim (3 Lanes) 3:00-4:30	Open Swim 3:00-4:30	Open Swim (4 lanes) 3:00-4:15 PM		Lap Swim (3 Lanes) 3:00-4:30	Open Swim 3:00-4:30	Open Swim (4 lanes) 3:00-4:15 PM		Open Swim (3 Lanes) 3:00-4:00 PM		Open Swim (3 Lanes) 3:00-5:00 PM		Open Swim (3 Lanes) 2:00-5:45 PM
Swim Team 4:30 - 5:45 PM		Swim Team 4:15 - 5:30 PM		Swim Team 4:30-5:45 PM		Swim Team 4:15 - 5:30 PM		Swim Team 4:15-6:30 PM				
Swim Lessons 5:45 - 7:00 PM		Lap 5:30-6:15 PM	Open 5:30-6:15 PM	Swim Lessons 5:45 - 7:00 PM	Lap Swim (1 Lane) 5:45 - 7:00 PM	Synchro 5:30-6:30 PM	Lap (2 lanes) 5:30-6:30 PM			Scuba (2 lanes) 5:00-7:00 PM	Open (3 lanes) 5:00-7:00 PM	
Swim Team 7:00-8:00 PM		Swim Lessons 6:15-8:10 PM	Lap (1 lane) 6:15 - 6:55pm	Swim Team 7:00-8:00 PM		Swim Lessons 6:15-8:10 PM	Lap (1 lane) 6:15-6:55pm	Open Swim (3 Lanes) 6:45-9:45 PM		Open Swim (3 Lanes) 7:00-8:30 PM		POOL CLOSED
Lap Swim (2 Lanes) 8:00 - 9:45 PM	Synchro 8:00-9:45 PM	Deep H2O 7:30-8:25 PM		Lap Swim 8:00 - 9:45 PM	Open Swim 8:00-9:45 PM	Deep H2O 7:30-8:25 PM						
		Lap Swim 8:10-9:45 PM	Open 8:00 - 9:45 PM			Lap Swim 8:25-9:45 PM	Open Swim 8:25-9:45 PM					

* Open Swim Available M-F from 4:00 - 8:00 PM in the "T" in the Outdoor Pool