

AQUATICS – INDOOR LAP LANES



Dates: October 30, 2023 - November 26, 2023

Branch: MacColl YMCA

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Lap/Exercise (6)
7 AM - 10:30 AM

Lap/Exercise (6)
5:30 AM - 11 AM

Lap/Exercise (6)
5:30 AM - 2 PM

Lap/Exercise (6)
5:30 AM - 11 AM

Lap/Exercise (6)
5:30 AM - 2 PM

Lap/Exercise (6)
5:30 AM - 2 PM

Lap/Exercise (6)
7 AM - 8 AM

Lap/Exercise (4)
Open Swim (2)
10:30 AM - 2:30 PM

Lap/Exercise (1)
Water Aerobics (5)
11 AM - 12 PM

POOL CLOSED
2 PM - 3 PM

Lap/Exercise (1)
Water Aerobics (5)
11 AM - 12 PM

POOL CLOSED
2 PM - 3 PM

POOL CLOSED
2 PM - 3 PM

Lap/Exercise (4)
Swim Lessons (2)
8 AM - 8:45 AM

Lap/Exercise (6)
12 PM - 2 PM

Lap/Exercise (6)
3 PM - 4 PM

Lap/Exercise (6)
12 PM - 2 PM

Lap/Exercise (6)
3 PM - 4 PM

Lap/Exercise (6)
3 PM - 4 PM

Swim Lessons (6)
8:45 AM - 12 PM

POOL CLOSED
2 PM - 3 PM

Lap/Exercise (3)
Swim Lessons (3)
4 PM - 5:30 PM

POOL CLOSED
2 PM - 3 PM

Lap/Exercise (3)
Open Swim (3)
4 PM - 5:30 PM

Lap/Exercise (4)
Open Swim (2)
4 PM - 5:30 PM

Lap/Exercise (4)
Open Swim (2)
12 PM - 2:30 PM

LHS Swim Team (3)
Lap/Exercise (3)
3 PM - 3:30 PM

Swim Team (2)
Swim Lessons (4)
5:30 PM - 6 PM

LHS Swim Team (3)
Lap/Exercise (3)
3 PM - 3:30 PM

Swim Team (3)
Open Swim (3)
5:30 PM - 6 PM

Swim Team (4)
Open Swim (2)
5:30 PM - 7 PM

Lap/Exercise (6)
3:30 PM - 4 PM

Lap/Exercise (6)
3:30 PM - 4 PM

Swim Team (6)
7 PM - 8:30 PM

BVP Swim Team (2)
Lap/Exercise (1)
Swim Lessons (3)
4 PM - 5 PM

Swim Team (4)
Water Aerobics (2)
6 PM - 7 PM

BVP Swim Team (2)
Lap/Exercise (1)
Swim Lessons (3)
4 PM - 5 PM

Swim Team (4)
Water Aerobics (2)
6 PM - 7 PM

Swim Team (3)
Swim Lessons (3)
5 PM - 5:30 PM

Swim Team (6)
7 PM - 8:30 PM

Swim Team (3)
Swim Lessons (3)
5 PM - 5:30 PM

Swim Team (6)
7 PM - 8:30 PM

Swim Team (4)
Swim Lessons (2)
5:30 PM - 7 PM

Swim Team (4)
Swim Lessons (2)
5:30 PM - 7 PM

Swim Team (6)
7 PM - 8:30 PM

Swim Team (6)
7 PM - 8:30 PM

Color Key:

Lap Lanes

Programs

Lap Lanes & Programs/Open Swim

AQUATICS – ACTIVITY POOL



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Open Swim 7 AM – 11:30 PM	Open Swim 5:30 AM – 9 AM	Open Swim 5:30 AM – 10 AM	Open Swim 5:30 AM – 9 AM	Open Swim 5:30 AM – 10 AM	Open Swim 5:30 AM – 9:30 AM	Open Swim 7 AM – 8:45 AM
Family Play 11:30 AM – 2:30 PM	Family Play (No Slide) 9 AM – 11 AM	Water Aerobics 10 AM – 10:45 PM	Family Play (No Slide) 9 AM – 11 AM	Water Aerobics 10 AM – 10:45 PM	Water Aerobics 9:30 AM – 10:15 AM	Swim Lessons 8:45 AM – 12 PM
	Open Swim 11 AM – 2 PM	Open Swim 11 AM – 2 PM	Open Swim 11 AM – 2 PM	Open Swim 11 AM – 2 PM	Open Swim 10:15 AM – 2 PM	Family Play 12 PM – 2:30 PM
	POOL CLOSED 2 PM – 3 PM	POOL CLOSED 2 PM – 3 PM	POOL CLOSED 2 PM – 3 PM	POOL CLOSED 2 PM – 3 PM	POOL CLOSED 2 PM – 3 PM	
	Open Swim 3 PM – 4 PM	Open Swim 3 PM – 4 PM	Open Swim 3 PM – 4 PM	Open Swim 3 PM – 4 PM	Open Swim 3 PM – 4 PM	
	Family Play 4 PM – 6:30 PM	Family Play 4 PM – 6 PM	Family Play 4 PM – 6:30 PM	Family Play 4 PM – 6 PM	Family Play 4 PM – 8:30 PM	
	Open Swim 6:30 PM – 8:30 PM	Open Swim 6 PM – 8:30 PM	Open Swim 6:30 PM – 8:30 PM	Open Swim 6 PM – 8:30 PM		

Color Key:

- Open Swim
- Family Play (No Slide)
- Family Play (w/ Slide)
- Water Aerobics
- Swim Lessons