

Greater Holyoke YMCA: Small Pool Schedule

Effective: November 3, 2017 (schedule is subject to change)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
9-10 AM Open Swim	8:00-8:45 AM Aqua Fit I	9:00-10:30 AM Lessons & 1/2 Pool Open Swim	8:00-8:45 AM Aqua Fit I
10-10:30 AM Lessons & 1/2 Pool Open Swim	8:45-9:30 AM Aqua Fit II	10:30-11:30 AM Senior Swim	8:45-9:30 AM Aqua Fit II
10:30-11:30 AM Senior Swim	9:30-10:15 AM Arthritis Water Aerobics	11:30-2:45 PM Closed	9:30-10:15 AM Arthritis Water Aerobics
11:30-2:45 PM Closed	10:30-11:30 AM Senior Swim	2:45-3:45 PM Open Swim	10:30-11:30 AM Senior Swim
2:45-3:45 PM Open Swim	11:30-2:30 PM Closed	3:45-5:00 PM Swim Lessons	11:30-2:30 PM Closed
3:45-5:00 PM Swim Lessons	2:30-3:30 PM Soaker Swim	5:00-6:00 PM Swim Team	2:30-3:15 PM Soaker Swim
5:00-6:00 PM Swim Team	3:30-4:00 PM Open Swim	6:00-7:00 PM Lessons	3:15-4:00 PM Adult Lessons
6:00-6:45 PM Lessons	4:00-5:00 PM Swim Lessons	7:00 PM Pool Closed	4:00-5:00 PM Swim Lessons
6:45 PM Pool Closed	5:00-6:00 PM Open Swim		5:00-5:45 PM Open Swim
	6:00-6:30 PM Swim Lessons		5:45-6:30 PM Swim Lessons
	6:30-7:15 PM Water Aerobics		6:30-7:15 PM Water Aerobics
	7:15-8 PM Open Swim		7:15-8 PM Open Swim
	8:00 PM Pool Closed		8:00 PM Pool Closed

FRIDAY	SATURDAY	SUNDAY
9-10 AM Open Swim	8:00-9:00 AM Soaker Swim	9:30-12:00 PM Swim Lessons
10-10:30 AM Lessons & 1/2 Pool Open Swim	9:00-12:00 PM Swim Lessons	12:00-1:00 PM Rentals
10:30-11:30 AM Senior Swim	12:00-1:00 PM Rentals	1:00-2:30 PM Open Swim
11:30-12:30 PM Pool Closed	1:00-2:15 PM Open Swim	2:30 PM Pool Closed
12:30-1:30 PM Soaker Swim	2:15-3:15 PM Rental	
1:30-3:45 PM Closed	3:15-4:00 PM Open Swim	
3:45-5:00 PM Swim Lessons	4:00 PM Pool Closed	
5-6 PM Swim Team		
6-8:00 PM Open Swim		
8:00 PM Pool Closed		



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY
5:45-6:15 AM Lap Swim	6:00-3:00 PM Lap Swim	5:45- 6:15 AM Lap Swim	6:00-3:00 PM Lap Swim
6:15-7:15 AM Lap Swim & Masters Limited lane space	3:00-8:30 PM Lap Swim Lanes 1-2 & Swim Team Lanes 3-8	6:15-7:15 AM Lap Swim & Masters Limited lane space	3:00-8:30 PM Lap Swim Lanes 1-2 & Swim Team Lanes 3-8
7:30-9 AM Lap Swim	8:30 PM Pool Closed	7:30-9 AM Lap Swim	8:30 PM Pool Closed
9:00-10:00 AM Lap Swim & Swim-Fit Limited lane space		9:00-10:00 AM Lap Swim & Swim-Fit Limited lane space	
10-3 PM Lap Swim		10-3 PM Lap Swim	
3:00-5:00 PM Lap Swim Lanes 1-2 & Swim Team Lanes 3-8		3:00-5:00 PM Lap Swim Lanes 1-2 & Swim Team Lanes 3-8	
5:00-6:15 PM Lap Swim Lanes 1-3 & Swim Team Lanes 4-8		5:00-6:15 PM Lap Swim Lanes 1-3 & Swim Team Lanes 4-8	
6:15-8:30 PM Lap Swim 1-3 & Swim Team Lanes 4-8		6:15-8:30 PM Lap Swim 1-3 & Swim Team Lanes 4-8	
8:30 PM Pool Closed		8:30 PM Pool Closed	

FRIDAY	SATURDAY	SUNDAY
5:45- 6:15 AM Lap Swim	7:30-8:00 AM Lap Swim Lanes 1-4 & & Swim Team Lanes 5-8	9:30- 1:30 PM Lap Swim Lanes
6:15-7:15 AM Lap Swim & Masters Limited lane space	8:00-10:00 AM Lap Swim	1:30 PM Pool Closed
7:30-9 AM Lap Swim	10:00-12:00 PM Lap Swim Lanes 1-4 & Swim Team Lanes 5-8	
9:00-10:00 AM Lap Swim & Swim-Fit Limited lane space	12-4:00 PM Lap swim	
10:00-3:00 PM Lap Swim	4:00 PM Pool Closed	
3:00-8:30 PM Lap Swim Lanes 1-2 & Swim Team Lanes 3-8		
8:30 PM Pool Closed		

** Anyone under the age of 11 years wishing to swim laps in the large pool must be accompanied by a parent or guardian.

