



M.E. Lyons YMCA Indoor Pool Schedule

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday
Lap Swim (6 Lanes) 5:45-8:00 AM		Swim Team 6:00-7:00 AM	Lap Swim (3 Lanes) 5:45-7:00 AM	Lap Swim (6 Lanes) 5:45-8:00 AM		Swim Team 6:00-7:00 AM	Lap Swim (3 Lanes) 5:45-7:00 AM	Lap Swim (6 Lanes) 5:45-8:00 AM		Synchro (4 Lanes) 6:00-8:30 AM	Lap Swim (2 Lanes) 6:00-8:30 AM	Schedule Effective June 6 - August 22 *Subject to change
Just My Speed 8:00-8:55 AM	Lap Swim (1 Lanes) Private	Lap Swim (6 Lanes) 7:00-9:00 AM		Just My Speed 8:00-8:55 AM	Lap Swim (1 Lanes) Private	Lap Swim (6 Lanes) 7:00-9:00 AM		Just My Speed 8:00-8:55 AM	Lap Swim (1 Lanes) Private	Adaptive Swim 8:30 - 10:00 AM		
Deep H2O / H2O Motion 9:00-9:55 AM	Lessons (1 Lane) 8:00-10:00 AM	Masters Practice 9:00-10:00 AM	Swim Lessons 9:00-10:00 AM	Deep H2O / H2O Motion 9:00-9:55 AM	Lessons (1 Lane) 8:00-10:00 AM	Masters Practice 9:00-10:00 AM	Lap Swim (2 Lanes) 9:00-10:00 AM	Deep H2O / H2O Motion 9:00-9:55 AM	Lessons (1 Lane) 8:00-10:00 AM	Pool CLOSED		
Shallow 10:00-10:45 AM	Swim Lessons 10:00-12:15 PM	Deep H2O 10-10:55 AM	Swim Lessons 10:00 - 12:15 PM	Shallow 10:00-10:45 AM	Swim Lessons 10:00-12:15 PM	Deep H2O 10-10:55 AM	Swim Lessons 10:00 - 12:15 PM	H2O Pilates 10:00-10:30 AM	Swim Lessons 10:00 - 12:15 PM	Deep H2O 10-10:55 AM	Swim Lessons 10:00 - 12:00 PM	
Deep H2O 11-11:55 AM					Deep H2O 11-11:55 AM					Deep H2O 11-11:55 AM		
Lap Swim (2 Lanes) 12:15 - 3:00 PM	Private Lessons 12:30 - 3:00	Lap Swim (2 Lanes) 12:15 - 3:00 PM	Private Lessons 12:30 - 3:00	Lap Swim (2 Lanes) 12:15 - 3:00 PM	Private Lessons 12:30 - 3:00	Lap Swim (2 Lanes) 12:15 - 3:00 PM	Private Lessons 12:30 - 3:00	Open Swim (3 Lanes) 12:15-10:00 PM		Lap Swim 12:15-1:30 PM	Lap Swim (6 Lanes) 12:00-2:00 PM	Open Swim (2 Lanes) Private Lessons (1 Lane) 2:00-6:00 PM
Swim Team 3:00 - 5:30 PM		Swim Team 3:00 - 5:30 PM		Swim Team 3:00 - 5:30 PM		Swim Team 3:00 - 4:00 PM Synchro 4:00 - 6:00 PM				Open Swim (3 Lanes) 1:30 - 8:30 PM		
Swim Lessons 6:00 - 8:00 PM		Swim Lessons 6:00 - 8:00 PM		Swim Lessons 6:00 - 8:00 PM		Swim Lessons 6:00 - 8:00 PM				Pool CLOSED		Pool CLOSED
Synchro 8:00-9:45 PM		Deep Water 7:30-8:25 PM	Open Swim (3 Lanes) 8:30-9:45 PM	Open Swim (3 Lanes) 8:00-9:45 PM	Deep Water 7:30-8:25 PM	Open Swim (3 Lanes) 8:30-9:45 PM	Pool CLOSED					

Updated 7/1/09