



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA OF COLUMBIA

AQUATICS

NORTHWEST FAMILY YMCA

WINTER LAP POOL SCHEDULE

**Lane usage indicated in parenthesis for program

**Lanes may change due to special events or programs.

**Please view our Aqua Fitness Schedule for a list of classes and descriptions.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00am	Lap Swim (All Lanes Open)	Lap Swim (All Lanes Open)	Lap Swim (All Lanes Open)	Lap Swim (All Lanes Open)	Lap Swim (All Lanes Open)	Closed	Closed
5:30am	Master Swim (Lanes 1-4)	AYR(Lanes 1-4)	Master Swim (Lanes 1-4)	AYR(Lanes 1-4)	Master Swim (Lanes 1-4)		
6:00am							
6:30am	Lap Swim (All Lanes Open)	Lap Swim (All Lanes Open)	Lap Swim (All Lanes Open)	Lap Swim (All Lanes Open)	Lap Swim (All Lanes Open)		
7:00am							
7:30am	Lap Swim (All Lanes Open)	Master Swim Team (Lanes 4-6)	Lap Swim (All Lanes Open)	Master Swim Team (Lanes 4-6)	Masters Swim (Lanes 4-6)	AYR (Lanes 1-3)	Closed
8:00am							
8:30am							
9:00am	Aqua Fitness (Lanes 4-8)	Aqua Fitness (Lanes 4-8)	Aqua Fitness (Lanes 4-8)	Aqua Fitness (Lanes 4-8)	Aqua Fitness (Lanes 4-8)		
9:30am	Master Swim (Lanes 1-3)	Master Swim Team (Lanes 1-3)	Master Swim (Lanes 1-3)	Master Swim Team (Lanes 1-3)	Master Swim (Lanes 1-3)	Swim Lessons (Lane 7-8)	
10:00am							
10:30am	Lap Swim (All Lanes Open)	Lap Swim (All Lanes Open)	Lap Swim (All Lanes Open)	Lap Swim (All Lanes Open)	Lap Swim (All Lanes Open)		
11:00am							
11:30am	Lap Swim (All Lanes Open)	Lap Swim (All Lanes Open)	Lap Swim (All Lanes Open)	Lap Swim (All Lanes Open)	Lap Swim (All Lanes Open)	Lap Swim (All Lanes Open)	
12:00pm							
12:30pm	Lap Swim (All Lanes Open)	Lap Swim (All Lanes Open)	Lap Swim (All Lanes Open)	Lap Swim (All Lanes Open)	Lap Swim (All Lanes Open)	Lap Swim (All Lanes Open)	
1:00pm							
2:00pm	Swim Team (Lanes 1-7)	Swim Team (Lanes 1-7)	Swim Team (Lanes 1-7)	Swim Team (Lanes 1-7)	Swim Team (Lanes 1-7)	Lap Swim (All Lanes Open)	Lap Swim (All Lanes Open)
2:30pm							
3:00pm	Swim Lessons (Lane 8)	Swim Lessons (Lane 8)	Swim Lessons (Lane 8)	Swim Lessons (Lane 8)	Swim Lessons (Lane 8)		
3:30pm							
4:00pm	Swim Lessons (Lane 8)	Swim Lessons (Lane 8)	Aqua Fitness (Lane 6-8)	Swim Lessons (Lane 8)	Swim Lessons (Lane 8)		
4:30pm							
4:30pm	Lap Swim (All Lanes Open)	Lap Swim (All Lanes Open)	Lap Swim (All Lanes Open)	Lap Swim (All Lanes Open)	Lap Swim (All Lanes Open)	Lap Swim (All Lanes Open)	
5:00pm							
5:30pm	Lap Swim (All Lanes Open)	Lap Swim (All Lanes Open)	Lap Swim (All Lanes Open)	Lap Swim (All Lanes Open)	Lap Swim (All Lanes Open)	Lap Swim (All Lanes Open)	
6:00pm							
6:30pm	Lap Swim (All Lanes Open)	Lap Swim (All Lanes Open)	Lap Swim (All Lanes Open)	Lap Swim (All Lanes Open)	Lap Swim (All Lanes Open)	Lap Swim (All Lanes Open)	
7:00pm							
7:30pm	Lap Swim (All Lanes Open)	Lap Swim (All Lanes Open)	Lap Swim (All Lanes Open)	Lap Swim (All Lanes Open)	Lap Swim (All Lanes Open)	Lap Swim (All Lanes Open)	
8:00pm							
8:30pm	Lap Swim (All Lanes Open)	Lap Swim (All Lanes Open)	Lap Swim (All Lanes Open)	Lap Swim (All Lanes Open)	Lap Swim (All Lanes Open)	Lap Swim (All Lanes Open)	
9:00pm							
9:30pm	Lap Swim (All Lanes Open)	Lap Swim (All Lanes Open)	Lap Swim (All Lanes Open)	Lap Swim (All Lanes Open)	Lap Swim (All Lanes Open)	Lap Swim (All Lanes Open)	
10:00pm							