



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AQUATICS

NORTHWEST FAMILY YMCA

YMCA of Columbia

LAP POOL SCHEDULE

Fall 2017

Our Mission: To put Christian principles into practice through programs that build a healthy spirit, mind and body for all.

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

**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.