



Southdale YMCA

# LAP POOL SCHEDULE

November 4 - December 15, 2024

**NO Reservations Required (Except Water X Classes)**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am - 7:30am <b>Lap Swim (6)</b>	5:00am - 7:30am <b>Lap Swim (6)</b>	5:00am - 7:30am <b>Lap Swim (6)</b>	5:00am - 7:30am <b>Lap Swim (6)</b>	5:00am - 7:30am <b>Lap Swim (6)</b>	CLOSED	CLOSED
7:30-7:45 CLOSED	7:30-7:45 CLOSED					
<b>Water X Class</b> 7:45am - 8:30am	<b>Water X Class</b> 7:45am - 8:30am	CLOSED 730-845	CLOSED 730-845	CLOSED 730-845	<b>Lap Swim (6)</b>	<b>Lap Swim (6)</b>
8:30-8:45 CLOSED	8:30-8:45 CLOSED				8:15am-1:05pm Swim Team (5) Swim Lessons (1)	
8:45am - 1:15pm <b>Lap Swim (6)</b>	8:45am - 11:55am <b>Lap Swim (6)</b>	8:45am - 11:55am <b>Lap Swim (6)</b>	8:45am - 11:55am <b>Lap Swim (6)</b>	8:45am - 11:55am <b>Lap Swim (6)</b>		10:00am-12:00pm <b>Lap Swim (5)</b> <b>Open Swim (1)</b>
	1155-1215 CLOSED					12:00pm - 4:45pm
	<b>Water X Class</b> 12:15pm - 1:00pm	CLOSED 1155-115	CLOSED 1155-115	CLOSED 1155-115		<b>Lap Swim (4)</b> <b>Open Swim (2)</b>
	100-115 CLOSED				1:05pm - 4:45pm	
1:15pm - 4:55pm <b>Lap Swim (4)</b> <b>Open Swim (1)</b> Swim Lessons (1)	1:15pm - 5:10pm <b>Lap Swim (4)</b> <b>Open Swim (1)</b> Swim Lessons (1)	1:15pm - 4:55pm <b>Lap Swim (4)</b> <b>Open Swim (1)</b> Swim Lessons (1)	1:15pm - 2:00pm <b>Lap Swim (6)</b> 2:00pm - 3:00pm <b>Lap Swim (4)</b> Home School (2) 3:00pm - 5:10pm <b>Lap Swim (4)</b> <b>Open Swim (1)</b> Swim Lessons (1)	1:15pm - 4:55pm <b>Lap Swim (4)</b> <b>Open Swim (1)</b> Swim Lessons (1)	<b>Lap Swim (4)</b> <b>Open Swim (2)</b>	
5:00pm - 7:50pm Swim Team (5) Swim Lessons (1)	5:15pm - 7:20pm Swim Team (5) Swim Lessons (1)	5:00pm - 7:50pm Swim Team (5) Swim Lessons (1)	5:15pm - 7:20pm Swim Team (5) Swim Lessons (1)	5:00pm - 7:50pm Swim Team (5) Swim Lessons (1)		CLOSED
7:50pm-8:20pm Swim Team (5) Lap Swim (1)	7:20pm - 8:45pm <b>Lap Swim (4)</b> <b>Open Swim (2)</b>	7:50pm - 8:45pm <b>Lap Swim (4)</b> <b>Open Swim (2)</b>	7:20pm - 8:45pm <b>Lap Swim (4)</b> <b>Open Swim (2)</b>	7:50pm-8:20pm Swim Team (5) Lap Swim (1)		
8:20pm - 8:45pm Lap Swim (4) Open Swim (2)				8:20pm - 8:45pm Lap Swim (4) Open Swim (2)		

\*\*\*During Lap swim, you are required to share a lane with another swimmer if all lanes are full. This may include circle swimming.

\*\*\*Lap Swim requires a pink wristband if under the age of 15 and must be swimming laps.