



NEW HOPE YMCA

LAP POOL SCHEDULE

November 18th-24th, 2024

Updated: 11/19/24

NO Reservations Required (Except for Water X Classes)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-7:30am Lap Swim (5) Water Walking (1)	5:00-7:45am Lap Swim (5) Water Walking (1)	5:00-7:00am Lap Swim (5) Water Walking (1)	5:00-7:30am Lap Swim (5) Water Walking (1)	5:00-7:00am Lap Swim (5) Water Walking (1)	CLOSED	CLOSED
7:30-7:50am CLOSED		7:15-8:00am Water X		7:15-8:15am Water X		
8:00-9:00am Water X	8:00-9:00am Water X	8:10-9:35am Lap Swim (4) Open Swim (2)	7:45-8:45am Water X	8:25-10:50am Lap Swim (4) Open Swim (2)	8:15-9:15am Water X	8:00-9:55am Lap Swim (3) Water Walking (1)
9:10-10:50am Lap Swim (4) Open Swim (2)	9:10-10:50am Lap Swim (4) ECLC Swim (2)	9:45-10:55am Lap Swim (4) Swim Lessons (2)	9:00-10:50am Lap Swim (4) ECLC Swim (2)	11:00-1:00pm Water VolleyBall	9:25-11:55am Lap Swim (4) Swim Lessons (2)	8:00-9:55am Lap Swim (3) Water Walking (1) Staff Training (2)
11:00-1:00pm Water VolleyBall	11:00-11:50pm Water X (4) Lap Swim (2)	11:00-1:00pm Water VolleyBall	11:00-11:50pm Water X (5) Lap Swim (1)		12:00-3:55pm Lap Swim (2) Open Swim (4)	10:05-11:55am Lap Swim (2) Open Swim (2) Staff Training (2)
				12:00-4:20pm Lap Swim (3) Open Swim (3)		12:00-2:35pm Lap Swim (4) Swim Lessons (2)
1:05-2:10pm CLOSED	2:15-5:20pm Lap Swim (3) Open Swim (3)	1:05-2:00pm Lap Swim (2) Open Swim (4)	1:30-2:10pm CLOSED	1:05-3:55pm Lap Swim (3) Open Swim (3)	12:00-3:55pm Lap Swim (2) Open Swim (4)	12:00-2:35pm Lap Swim (4) Swim Lessons (2)
2:15-5:20pm Lap Swim (3) Open Swim (3)		2:00-3:00pm CLOSED	2:10-4:05pm Lap Swim (3) Open Swim (3)			
	5:30-8:00pm Lap Swim (1) Swim Team (5)	4:30-5:25pm Lap Swim (4) Swim Lessons (2)	4:30-6:50pm Lap Swim (3) Swim Lessons (3)	4:15-5:55pm Lap Swim (5) Swim Lessons (1)	5:30-8:00pm Lap Swim (1) Swim Team (5)	CLOSED
8:05-8:45pm Lap Swim (4) Open Swim (2)		5:30-7:25pm Lap Swim (3) Swim Lessons (3)	6:55-8:00pm Lap Swim (4) Open Swim (2)	6:00-7:05pm Lap Swim (4) Swim Lessons (2)		
	7:30-8:45pm Lap Swim (4) Open Swim (2)	CLOSED	7:15-8:00pm Water X	7:15-8:00pm Water X		

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

Reminder: Lap Swim requires a pink wristband for swimmers under 15 years of age and MUST be swimming laps/water exercise

Swim Testings is available Monday-Friday from 10am-7pm, during open swim.