

Hastings Lake YMCA Pool Schedule

October 26, 2008-January 4, 2009



	MONDAY						TUESDAY						WEDNESDAY						THURSDAY						FRIDAY						SATURDAY						SUNDAY					
	Lane Number						Lane Number						Lane Number						Lane Number						Lane Number						Lane Number											
	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6
5:15	Lap Swim						Lap Swim						Lap Swim						Lap Swim						Lap Swim												5:15					
5:30	Lap Swim						Lap Swim						Lap Swim						Lap Swim						Lap Swim												5:30					
6:30	Lap Swim						Lap Swim						Lap Swim						Lap Swim						Lap Swim												6:30					
7:00	Lap Swim						Lap Swim						Lap Swim						Lap Swim						Lap Swim												7:00					
7:30	Lap Swim						Lap Swim						Lap Swim						Lap Swim						Lap Swim												7:30					
8:00	Lap Swim						Lap Swim						Lap Swim						Lap Swim						Lap Swim												8:00					
8:30	Water Fitness	Lap Swim					Water Fitness	Lap Swim					Water Fitness	Lap Swim					Water Fitness	Lap Swim					Lap Swim						8:30											
9:00	Water Fitness	Lap Swim					Lessons	Open Swim					Lessons	Open Swim					Lessons	Open Swim					Lap Swim						9:00											
9:30	Water Fitness	Lap Swim					Lessons	Open Swim					Lessons	Open Swim					Lessons	Open Swim					Lap Swim						9:30											
10:00	Water Fitness	Lap Swim					Lessons	Open Swim					Lessons	Open Swim					Lessons	Open Swim					Lap Swim						10:00											
10:30	Arthritis Aquatics	Lap Swim					Lessons	Open Swim					Arthritis Aquatics	Lap Swim					Lessons	Open Swim					Lap Swim						10:30											
11:00	Arthritis Aquatics	Lap Swim					Lessons	Open Swim					Arthritis Aquatics	Lap Swim					Lessons	Open Swim					Lap Swim						11:00											
11:30	Arthritis Aquatics	Lap Swim					Lessons	Open Swim					Arthritis Aquatics	Lap Swim					Lessons	Open Swim					Lap Swim						11:30											
12:00	Arthritis Aquatics	Lap Swim					Lessons	Open Swim					Arthritis Aquatics	Lap Swim					Lessons	Open Swim					Lap Swim						12:00											
12:30	Arthritis Aquatics	Lap Swim					Lessons	Open Swim					Arthritis Aquatics	Lap Swim					Lessons	Open Swim					Lap Swim						12:30											
1:00	Open Swim	Lap Swim					Open Swim	Lap Swim					Open Swim	Lap Swim					Open Swim	Lap Swim					Lap Swim						1:00											
1:30	Open Swim	Lap Swim					Open Swim	Lap Swim					Open Swim	Lap Swim					Open Swim	Lap Swim					Lap Swim						1:30											
2:00	Open Swim	Lap Swim					Open Swim	Lap Swim					Open Swim	Lap Swim					Open Swim	Lap Swim					Lap Swim						2:00											
2:30	Open Swim	Lap Swim					Open Swim	Lap Swim					Open Swim	Lap Swim					Open Swim	Lap Swim					Lap Swim						2:30											
3:00	Open Swim	Lap Swim					Open Swim	Lap Swim					Open Swim	Lap Swim					Open Swim	Lap Swim					Lap Swim						3:00											
3:30	Open Swim	Lap Swim					Open Swim	Lap Swim					Open Swim	Lap Swim					Open Swim	Lap Swim					Lap Swim						3:30											
4:00	Lessons	Swim Team					Lessons	Swim Team					Lessons	Swim Team					Lessons	Swim Team					Lap Swim						4:00											
4:30	Lessons	Swim Team					Lessons	Swim Team					Lessons	Swim Team					Lessons	Swim Team					Lap Swim						4:30											
5:00	Lessons	Swim Team					Lessons	Swim Team					Lessons	Swim Team					Lessons	Swim Team					Lap Swim						5:00											
5:30	Lessons	Swim Team					Lessons	Swim Team					Lessons	Swim Team					Lessons	Swim Team					Lap Swim						5:30											
6:00	Lessons	Swim Team					Lessons	Swim Team					Lessons	Swim Team					Lessons	Swim Team					Lap Swim						6:00											
6:30	Lessons	Swim Team					Lessons	Swim Team					Lessons	Swim Team					Lessons	Swim Team					Lap Swim						6:30											
7:00	Water Fitness	Lap Swim					Water Fitness	Lap Swim					Water Fitness	Lap Swim					Water Fitness	Lap Swim					Family Night Open Swim						7:00											
7:30	Water Fitness	Lap Swim					Water Fitness	Lap Swim					Water Fitness	Lap Swim					Water Fitness	Lap Swim					Family Night Open Swim						7:30											
8:00	Open Swim	Lap Swim					Open Swim	Lap Swim					Open Swim	Lap Swim					Open Swim	Lap Swim					Family Night Open Swim						8:00											
8:30	Open Swim	Lap Swim					Open Swim	Lap Swim					Open Swim	Lap Swim					Open Swim	Lap Swim					Family Night Open Swim						8:30											
9:00	Open Swim	Lap Swim					Open Swim	Lap Swim					Open Swim	Lap Swim					Open Swim	Lap Swim					Open Swim						9:00											

Beginning December 21, the schedule will run as above, minus lessons and water fitness. Those classes will be on break at that time and marked lanes will be open.

Please note: The pool will always close 30 minutes prior to the rest of the facility closing.

While this schedule is subject to change, our promise to our members is that there will always be one lap lane available.

Please speak with a lifeguard if you have any questions regarding the schedule.

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