



Lynn YMCA

Pool Schedule

April 22 – June 9

| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY   | SATURDAY   | SUNDAY  |  |
|--|--|---|--|--|--|---|--|
| 5:30-8:15am<br>Adult Lap (6)                                   | 5:30-9:00am<br>Adult Lap (6)                                 | 5:30-8:15am<br>Adult Lap (6)                        | 5:30-9:00am<br>Adult Lap (6)                     | 5:30-8:15am<br>Adult Lap (6)                                 | 8:00-9:30am<br>Adult Lap (6)   | 8:00-10:00am<br>Adult Lap(6)                  |  |
| 8:15-9:15am<br>Best Choice (3)<br>Adult Lap (3)                | 9:00-10:00am<br>Aqua Fitness (3)<br>Adult Lap (3)            | 8:15-9:15am<br>Best Choice (3)<br>Adult Lap (3)     | 9:00-10:00am<br>Aqua Fitness (3)<br>Adult Lap(3) | 8:15-9:15am<br>Best Choice (3)<br>Adult Lap (3)              | 9:30-1:00pm<br>Lessons (2)<br>Adult Lap (4)  | 10:00-12:45pm<br>Lessons (2)<br>Adult Lap (4) |  |
| 9:15-10:15am<br>Aqua Fitness (3)<br>Adult Lap (3)              | 10:15-11:15am<br>Preschool (3)<br>Adult Lap (3)              | 9:15-10:15am<br>Aqua Fitness (3)<br>Adult Lap (3)   | 10:15-11:15am<br>Preschool (3)<br>Adult Lap (3)  | 9:15-10:15am<br>Aqua Fitness (3)<br>Adult Lap (3)            |  |   |  |
| 10:30-11:30am<br>Zabota (4)<br>Adult Lap (2)                   | 11:30-1:00pm<br>Family Swim (2)<br>Adult Lap (4)             | 10:30-11:30am<br>Zabota (4)<br>Adult Lap (2)        | 11:30-1:00pm<br>Family Swim (2)<br>Adult Lap (4) | 10:30-11:30am<br>Zabota (4)<br>Adult Lap (2)                 |  |   |  |
| 11:30-1:00pm<br>Family Swim (2)<br>Adult Lap (4)               |  | 11:30-1:00pm<br>Family Swim (2)<br>Adult Lap (4)    |  | 11:30-1:00pm<br>Family Swim (2)<br>Adult Lap (4)             |  |   |  |
| 1:00-2:30pm<br>Adult Lap (6)                                   | 1:00-3:00pm<br>Pool Closed                                   | 1:00-2:30pm<br>Adult Lap (6)                        | 1:00-3:00pm<br>Pool Closed                       | 1:00-2:30pm<br>Adult Lap (6)                                 | 1:00-1:30pm<br>Lessons (1)<br>Adult Lap(2)<br>Open Swim (3)  | 12:50-4:00pm<br>Adult Lap(3)<br>Open Swim(3)  |  |
| 2:30-3:30pm<br>Youth Center (3)<br>Adult Lap (3)               |  | 2:30-3:30pm<br>Youth Center (3)<br>Adult Lap (3)    |  | 2:30-3:30pm<br>Youth Center (3)<br>Adult Lap (3)             | 2:30-3:30pm<br>Youth Center (3)<br>Adult Lap (3)   |   | 1:30-2:30pm<br>Lifeguard (1)<br>Adult Lap (2)<br>Open Swim (3) |
| 3:30-4:30pm<br>OST (3)<br>Adult Lap (3)                        |  | 3:00-4:30pm<br>Open Swim/YC<br>(3)<br>Adult Lap (3) |  | 3:30-4:30pm<br>OST (3)<br>Adult Lap (3)                      | 3:00-4:30pm<br>Open Swim/YC<br>(3)<br>Adult Lap (3)  |   | 3:30-4:30pm<br>OST (3)<br>Adult Lap (3)                        |
| 4:30-5:00pm<br>Lessons (1)<br>Family Swim (2)<br>Adult Lap (3) | 4:30-5:00<br>Lessons (1)<br>Family Swim (2)<br>Adult Lap (3) | 4:30-6:15pm<br>Lessons (2)<br>Adult Lap (4)         | 4:30-5:45pm<br>Lessons (2)<br>Adult Lap (4)      | 4:30-5:00pm<br>Lessons (1)<br>Open Swim (2)<br>Adult Lap (3) | <p>The lifeguard reserves the right to change lane availability at any time.</p> <p>Please be aware of all pool rules and etiquette on back of pool schedule</p> |   |  |
| 5:00-6:30pm<br>Lessons (1)<br>Adult Lap (5)                    | 5:00-6:15pm<br>Lessons (2)<br>Adult Lap (4)                  |   | 5:45-6:30pm<br>Family Swim (2)<br>Adult Lap (4)  |  |  |   |  |
| 6:30-7:30pm<br>Aqua Fitness (4)<br>Adult Lap (2)               | 6:30-7:30pm<br>Aqua Fitness (4)<br>Adult Lap (2)             | 6:15-8:00pm<br>Family Swim (3)<br>Adult Lap (3)     | 6:30-7:30pm<br>Aqua Fitness (4)<br>Adult Lap (2) | 5:00-6:15pm<br>Lessons (2)<br>Adult Lap (4)                  |  |   |  |
| 7:30-8:00pm<br>Adult Lap (6)                                   | 7:30-8:00pm<br>Adult Lap (6)                                 |   | 7:30-8:00pm<br>Adult Lap (6)                     | 6:15-8:00pm<br>Family Swim (3)<br>Adult Lap (3)              |  |   |  |