



# South County YMCA Pool Schedule: January 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4 Lap / 1 Leisure 5:00 - 8:55 AM	4 Lap / 1 Leisure 5:00 - 8:30 AM	4 Lap / 1 Leisure 5:00 - 8:55 AM	4 Lap / 1 Leisure 5:00 - 8:30 AM	4 Lap / 1 Leisure 5:00 - 8:55 AM	4 Lap / 1 Leisure 6:00 - 8:15 AM	4 Lap / 1 Leisure 6:00 - 9:00 AM
AQUA DANCE / Deep End Open 9:00 - 9:50 AM	WATER EX / 8:30- 10:00 AM 1 lap lane 8:30-9:00	AQUA DANCE / Deep End Open 9:00 - 9:50 AM	WATER EX / 8:30- 10:00 AM 1 lap lane 8:15-9:00	3 Lap / 2 Leisure 9:00 - 9:50 AM	Swim Lessons (2 lanes) 8:15 AM- 12:00 PM	Masters Swim Team 9:00 AM - 12:00 PM
3 Lap / 2 Leisure 10:00 -2:00 PM	3 Lap / 2 Leisure 10:00 -2:00 PM Preschool Swim 10:30- 11:15 PM	3 Lap / 2 Leisure 10:00 -2:00 PM	3 Lap / 2 Leisure 10:00 -2:00 PM	3 Lap / 2 Leisure 10:00 -2:00 PM Preschool Swim 10:30- 11:15 PM		Family Swim (2 lanes) 10:15 - 12:00 PM
Family Swim / 2 Lap Lanes 2:00 - 3:30 PM	Family Swim / 2 Lap Lanes 2:00 - 3:30 PM	Family Swim / 2 Lap Lanes 2:00 - 3:30 PM	Family Swim / 2 Lap Lanes 2:00 - 3:30 PM	Family Swim / 2 Lap Lanes 2:00 - 3:30 PM	Reserve Only Birthday Party! 12:15- 3:00 PM	
Swim Team 3:30 - 5:00 PM	Swim Team 3:30-4:30 PM	Swim Team 3:30 - 5:00 PM	Swim Team 3:30-4:30 PM	Lap Swim (2 lanes) Family Swim (3 lanes) 3:30-4:30 PM		
Swim Team (4 lanes) Family Swim (1 Lane) 5:00-7:00 PM	Swim Team (4 lanes) Family Swim (1 Lane) 4:30-6:00 PM	Swim Team (3 lanes) 5:00-7:00 PM Swim Lessons (2 lanes) 5:05- 6:45 PM	Swim Team (3 lanes) 4:30-6:00 PM Swim Lessons (2 lanes) 5:05- 5:35 PM	Swim Team (3 lanes) 4:30-6:00 PM Swim Lessons (2 lanes) 4:00-5:10 PM		
NHS Swim Team 7:00-8:00 PM	Masters Swim Team 6:00-8:30 PM	NHS Swim Team 7:00-8:00 PM	Masters Swim Team 6:00-8:30 PM	Family Swim (3 lanes) Lap Swim (2 Lanes) 6:00-7:00 PM		