

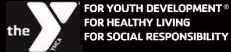
# Keene Family YMCA Double Swimmer Lap Pool Schedule

Registrations must be made via MotionVibe or by calling Member Services

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lap Pool	Lap Swim 5-6am	Lap Swim 5am-6am	Lap Swim 5am-6am	Lap Swim 5am-6am	Lap Swim 5am-6am	Lap Swim 9:45-10:45am	Closed Sunday's
	Lap Swim 5:30-6:30a	Lap Swim 5:30-6:30a	Lap Swim 5:30-6:30a	Lap Swim 5:30-6:30a	Lap Swim 5:30-6:30a	Lap Swim 10:15-11:15am	
	Lap Swim 6:15-7:15am	Lap Swim 6:15-7:15am	Lap Swim 6:15-7:15am	Lap Swim 6:15-7:15am	Lap Swim 6:15-7:15am	Lap Swim 11-12pm	
	Lap Swim 6:45-7:45am	Lap Swim 6:45-7:45am	Lap Swim 6:45-7:45am	Lap Swim 6:45-7:45am	Lap Swim 6:45-7:45am		
	Lap Swim 7:30-8:30am	Lap Swim 7:30-8:30am	Lap Swim 7:30-8:30am	Lap Swim 7:30-8:30am	Lap Swim 7:30-8:30am		
	Deep H2O Challenge 8:45-9:45am	Lap Swim 8:15-9:15am	Deep H2O Challenge 8:45-9:45am	Lap Swim 8:15-9:15am	Lap Swim 8:15-9:15am		
		Lap Swim 8:45-9:45am	Lap Swim 10-11am	Lap Swim 8:45-9:45am	Lap Swim 8:45-9:45am		
		Aquacise 10-11am	Lap Swim 10:30-11:30am	Aquacise 10-11am	Lap Swim 9:30-10:30am		
		Lap Swim 11:15-12:15pm	Lap Swim 11:15-12:15pm		Lap Swim 10-11am		
		Lap Swim 11:45-12:45pm	Lap Swim 11:45-12:45pm		Lap Swim 10:30-11:30am		
				Lap Swim 11:15-12:15pm			
				Lap Swim 11:45-12:45pm			
	Pool Closed 8:30pm	Pool Closed 8:30pm	Pool Closed 8:30pm	Pool Closed 8:30pm	Pool Closed 8:30pm	Pool Closed 5:30pm	

Please arrive 5-10mins before your reservation at the side entrance of the aquatics center.

Aquatics Director - Menachi Pillai - mpillai@keene-ymca.org - 603-283-5249



# Keene Family YMCA Single Swimmer /Open Swim Pool Schedule

Registrations must be made via MotionVibe or by calling Member Services

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Single Swimmer Lap Swim</b>	Lap Swim 8:45-9:45am	Lap Swim 10-11am	Lap Swim 8:45-9:45am	Lap Swim 10-11am	Lap Swim 1-2pm	Lap Swim 6-7am	<b>Closed Sunday</b>
	Lap Swim 10-11am	Lap Swim 1-2pm	Lap Swim 1-2pm	Lap Swim 12:15-1:15pm	Lap Swim 3-4pm	Lap Swim 7:15-8:15am	
	Lap Swim 12:15-1:15pm	Lap Swim 3-4pm	Lap Swim 3-4pm	Lap Swim 1:30-2:30pm	Lap Swim 6:30-7:30pm	Lap Swim 8:30-9:30am	
	Lap Swim 1:30-2:30pm	Lap Swim 6:30-7:30pm	Lap Swim 6:30-7:30pm	Lap Swim 2:45-3:45pm	Lap Swim 7:45-8:45pm	Lap Swim 12:15-1:15pm	
	Lap Swim 2:45-3:45pm	Lap Swim 7:45-8:45pm	Lap Swim 7:45-8:45pm	Lap Swim 6:30-7:30pm		Lap Swim 3:30-4:30pm	
	Lap Swim 6:30-7:30pm			Lap Swim 7:45-8:45pm		Lap Swim 4:45-5:45pm	
	Lap Swim 7:45-8:45pm					Pool Closed 5:45pm	
	Pool Closed 8:45pm	Pool Closed 8:45pm	Pool Closed 8:45pm	Pool Closed 8:45pm	Pool Closed 8:45pm	See our swim test policy for children 12 and under. <a href="http://Keene-ymca.org">Keene-ymca.org</a>	
<b>Open Swim</b>	Open Swim 6:30-7:30pm	Open Swim 6:30-7:30pm	Open Swim 6:30-7:30pm	Open Swim 6:30-7:30pm	Open Swim 6:30-7:30pm	Open Swim Shallow 4-5pm	<b>This schedule is subject to change.</b>
	Open Swim 7:45-8:45pm	Open Swim 7:45-8:45pm	Open Swim 7:45-8:45pm	Open Swim 7:45-8:45pm	Open Swim 7:45-8:45pm	Open Swim Med-Shallow 4-5pm	
	Please refer to the Group Exercise Schedule and the Program Guide for information on Group Exercise, Swim Lessons and Swim Team					Open Swim Deep 4-5p	
	Pool Closed 8:45pm	Pool Closed 8:45pm	Pool Closed 8:45pm	Pool Closed 8:45pm	Pool Closed 8:45pm	Pool Closed 5:45pm	

**Aquatics Director - Menachi Pillai - [mpillai@keene-ymca.org](mailto:mpillai@keene-ymca.org) - 603-283-5249**

**Revised 11/04/20**