

KEENE FAMILY YMCA LAP POOL SCHEDULE 3/4-4/28/2019

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Time	MONDAY						TUESDAY						WEDNESDAY						THURSDAY						FRIDAY						SATURDAY						SUNDAY						Time																																																																		
	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																																																																			
5:00	Lap Swim						Lap Swim						Lap Swim						Lap Swim						Lap Swim						Lap Swim						Lap Swim						5:00																																																																		
5:15																																											5:15																																																																		
5:30																																											5:30																																																																		
5:45																																											5:45																																																																		
6:00																																											6:00																																																																		
6:15																																											6:15																																																																		
6:30	Lap Swim						Lap Swim						Lap Swim						Lap Swim						Lap Swim						Lap Swim						6:30																																																																								
6:45																																					6:45																																																																								
7:00																																					7:00																																																																								
7:15																																					7:15																																																																								
7:30																																					7:30																																																																								
7:45																																					7:45																																																																								
8:00	Lap Swim						Lap Swim						Lap Swim						Lap Swim						Lap Swim						Lap Swim						8:00																																																																								
8:15																																					8:15																																																																								
8:30																																					8:30																																																																								
8:45																																					8:45																																																																								
9:00																																					Deep H2O Challenge 9-10am						Deep H2O Challenge 9-10am						Deep H2O Challenge 9-10am						Deep H2O Challenge 9-10am						Deep H2O Challenge 9-10am						Deep H2O Challenge 9-10am						9:00																																				
9:15																																																																									9:15																																				
9:30	Aquacise 10-11am						Aquacise 10-11am						Aquacise 10-11am						Aquacise 10-11am						Aquacise 10-11am						Aquacise 10-11am																																										9:15																																				
9:45																																																																									9:45																																				
10:00																																																																									Lap Swim						Lap Swim						Lap Swim						Lap Swim						Lap Swim						Lap Swim						10:00
10:15																																																																																																													10:15
10:30																																					Lap Swim						Lap Swim						Lap Swim						Lap Swim						Lap Swim						Lap Swim																																										10:30
10:45																																																																																																													10:45
11:00	Lap Swim						Lap Swim						Lap Swim						Lap Swim						Lap Swim						Lap Swim																																																																														11:00
11:15																																																																																																													11:15
11:30																																																																									Lap Swim						Lap Swim						Lap Swim						Lap Swim						Lap Swim						Lap Swim						11:30
11:45																																																																																																													11:45
12:00																																					Lap Swim						Lap Swim						Lap Swim						Lap Swim						Lap Swim						Lap Swim																																										12:00
12:15																																																																																																													12:15
12:30	Lap Swim						Lap Swim						Lap Swim						Lap Swim						Lap Swim						Lap Swim																																																																														12:30
12:45																																																																																																													12:45
1:00																																																																									Lap Swim						Lap Swim						Lap Swim						Lap Swim						Lap Swim						Lap Swim						1:00
1:15																																																																																																													1:15
1:30																																					Lap Swim						Lap Swim						Lap Swim						Lap Swim						Lap Swim						Lap Swim																																										1:30
1:45																																																																																																													1:45
2:00	Lap Swim						Lap Swim						Lap Swim						Lap Swim						Lap Swim						Lap Swim																																																																														2:00
2:15																																																																																																													2:15
2:30																																																																									Lap Swim						Lap Swim						Lap Swim						Lap Swim						Lap Swim						Lap Swim						2:30
2:45																																																																																																													2:45
3:00																																					Lap Swim						Lap Swim						Lap Swim						Lap Swim						Lap Swim						Lap Swim																																										3:00
3:15																																																																																																													3:15
3:30	Lap Swim						Lap Swim						Lap Swim						Lap Swim						Lap Swim						Lap Swim																																																																														3:30
3:45																																																																																																													3:45
4:00																																																																									Lap Swim						Lap Swim						Lap Swim						Lap Swim						Lap Swim						Lap Swim						4:00
4:15																																																																																																													4:15
4:30																																					Lap Swim						Lap Swim						Lap Swim						Lap Swim						Lap Swim						Lap Swim																																										4:30
4:45																																																																																																													4:45
5:00	Lap Swim						Lap Swim						Lap Swim						Lap Swim						Lap Swim						Lap Swim																																																																														5:00
5:15																																																																																																													5:15
5:30																																																																									Lap Swim						Lap Swim						Lap Swim						Lap Swim						Lap Swim						Lap Swim						5:30
5:45																																																																																																													5:45
6:00																																					Lap Swim						Lap Swim						Lap Swim						Lap Swim						Lap Swim						Lap Swim																																										6:00
6:15																																																																																																													6:15
6:30	Lap Swim						Lap Swim						Lap Swim						Lap Swim						Lap Swim						Lap Swim																																																																														6:30
6:45																																																																																																													6:45
7:00																																																																									Lap Swim						Lap Swim						Lap Swim						Lap Swim						Lap Swim						Lap Swim						7:00
7:15																																																																																																													7:15
7:30																																					Lap Swim						Lap Swim						Lap Swim						Lap Swim						Lap Swim						Lap Swim																																										7:30
7:45																																																																																																													7:45
8:00	Lap Swim						Lap Swim						Lap Swim						Lap Swim						Lap Swim						Lap Swim																																																																														8:00
8:15																																																																																																													8:15
8:30																																																																									Lap Swim						Lap Swim						Lap Swim						Lap Swim						Lap Swim						Lap Swim						8:30
8:45																																																																																																													8:45

SLIDE 2-3:30pm (if not rented 2-3p)

SLIDE 2-3:30pm (if not rented 2-3pm)

Open Swim

Open Swim

Closed 4:45p

Closed 5:45p

See our swim test policy for children 13 and under
www.keeneymca.org
603-352-6002

SLIDE OPEN:
SAT 2-3:30, SUN 2-3:30 Unless rented, call ahead



KEENE FAMILY YMCA TEACHING POOL SCHEDULE 3/4-4/28/2019

FOR YOUTH DEVELOPMENT[®] NT[®]
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	Time							
9:00	Open Swim 9-10:15am	CLOSED for lessons 9-10:30am	CLOSED for lessons 9-11am	Arthritis Foundation Aquatic Program CLOSED for lessons 10-11am	CLOSED for lessons 9-11am	CLOSED for lessons 9-11am	CLOSED for lessons 10-11:30am	9:00							
9:15								9:15							
9:30								9:30							
9:45								9:45							
10:00								10:00							
10:15	Arthritis Foundation Aquatic Program Open Swim 10:30-11am	Adult Swim 11-12pm	Adult Swim 11-12pm	Adult Swim 11-12pm	Adult Swim 11-12pm	Learn to Swim 11-12:30pm	CLOSED for lessons 12:30-1:15pm	10:15							
10:30								10:30							
10:45								10:45							
11:00								11:00							
11:15								11:15							
11:30	Open Swim 12-1pm	Open Swim 12-1pm	Open Swim 12-1pm	Open Swim 12-1pm	Open Swim 12-1pm	Learn to Swim 11-12:30pm	Open/ Rental Open Swim Space depends on rentals. PLEASE CALL WELCOME CENTER IN ADVANCE OF YOUR VISIT TO CONFIRM AVAILABILITY	11:30							
11:45								11:45							
12:00								12:00							
12:15								12:15							
12:30								12:30							
12:45	<h1>CLOSED 1-3pm</h1>	<h1>CLOSED 1-3pm</h1>	<h1>CLOSED 1-3pm</h1>	<h1>CLOSED 1-3pm</h1>	<h1>CLOSED 1-3pm</h1>	<h1>CLOSED 1-3pm</h1>	<h1>CLOSED 1-3pm</h1>	12:45							
1:00								1:00							
1:15								1:15							
1:30								1:30							
1:45								1:45							
2:00								2:00							
2:15								2:15							
2:30								2:30							
2:45								2:45							
3:00								Open Swim 3-3:30pm	Open Swim 3-3:30pm	Open Swim 3-3:30pm	Open Swim 3-4:15pm	Open Swim 3-5pm	Learn to Swim 5-6pm	Open/ Rental Open Swim Space depends on rentals. PLEASE CALL WELCOME CENTER IN ADVANCE OF YOUR VISIT TO CONFIRM AVAILABILITY	3:00
3:15															3:15
3:30															3:30
3:45															3:45
4:00															4:00
4:15								CLOSED for lessons 3:30-5:15pm	CLOSED for lessons 3:30-4:45pm	CLOSED for lessons 3:30-5:15pm	CLOSED for lessons 4:15-6pm	Learn to Swim 5-6pm	Open Swim 6-7pm	Open/ Rental Open Swim Space depends on rentals. PLEASE CALL WELCOME CENTER IN ADVANCE OF YOUR VISIT TO CONFIRM AVAILABILITY	4:15
4:30	4:30														
4:45	4:45														
5:00	5:00														
5:15	5:15														
5:30	Learn to Swim 5:15-7pm	Open Swim 5-7pm	Open Swim 5:15-5:30pm	Learn to Swim 6-7pm	Open Swim 6-7pm	Open Swim 6-7pm	Open/ Rental Open Swim Space depends on rentals. PLEASE CALL WELCOME CENTER IN ADVANCE OF YOUR VISIT TO CONFIRM AVAILABILITY	5:30							
5:45								5:45							
6:00								6:00							
6:15								6:15							
6:30								6:30							
6:45	Learn to Swim 5:15-7pm	Open Swim 5-7pm	Open Swim 5:30-6:30pm	Learn to Swim 6-7pm	Open Swim 6-7pm	Open Swim 6-7pm	Open/ Rental Open Swim Space depends on rentals. PLEASE CALL WELCOME CENTER IN ADVANCE OF YOUR VISIT TO CONFIRM AVAILABILITY	6:45							
7:00								7:00							
7:15								7:15							
7:30								7:30							
7:45								7:45							
8:00	Learn to Swim 5:15-7pm	Open Swim 5-7pm	Open Swim 6:30-7pm	Learn to Swim 6-7pm	Open Swim 6-7pm	Open Swim 6-7pm	Open/ Rental Open Swim Space depends on rentals. PLEASE CALL WELCOME CENTER IN ADVANCE OF YOUR VISIT TO CONFIRM AVAILABILITY	8:00							
8:15								8:15							
8:30								8:30							
8:45								8:45							
8:45								8:45							

TIME BLOCKS IN GREY SHOW PROGRAMS IN PROGRESS. THERE IS NO PUBLIC ACCESS TO THE TEACHING POOL DURING THESE TIMES

Revised 2/19/2019

During designated LEARN TO SWIM times, at the lifeguard's discretion, children who have not passed the swim test can practice in deep water provided that they have a responsible adult within arm's reach.

See our swim test policy for children 13 and under
www.keeneymca.org
603-352-6002