

# Keene Family YMCA Lap Pool Schedule

LANES -	Sunday						Monday						Tuesday						Wednesday						Thursday						Friday						Saturday						- LANES																									
	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		1	2	3	4	5	6																			
5:00 A	Facility open at 8am						Lap Swim (6 Lanes) 5-8:30a						Lap Swim (6 Lanes) 5-9:45a						Lap Swim (6 Lanes) 5-8:30a						Lap Swim (6 Lanes) 5-9:45a						Lap Swim (6 Lanes) 5-9:30a						Facility Open at 6am						5:00 A																									
6:00 A																																					Lap Swim (6 Lanes) 6-9a						6:00 A																									
7:00 A																																					Lap Swim (6 Lanes) 8a-12p						Lap Swim (6 Lanes) 8a-12p						Lap Swim (6 Lanes) 8a-12p						Lap Swim (6 Lanes) 8a-12p						Lap Swim (6 Lanes) 8a-12p						Lap Swim (6 Lanes) 8a-12p	
8:00 A	Lap Swim (6 Lanes) 8a-12p						Lap Swim (2 Lanes)		Deep Water H2O 8:45 - 9:45a				Lap Swim (2 Lanes)		Deep Water H2O 8:45 - 9:45a				Lap Swim (2 Lanes)		Deep Water H2O 8:45 - 9:45a				Lap Swim (2 Lanes)		Tebada 9:30 - 10:30a				Lap Swim (5 Lanes) 9a-1:15p						Swim Lessons 9a-1:15p	8:00 A																														
9:00 A							Lap Swim (6 Lanes) 8a-12p						Lap Swim (6 Lanes) 8a-12p						Lap Swim (6 Lanes) 8a-12p						Lap Swim (6 Lanes) 8a-12p													Lap Swim (6 Lanes) 8a-12p						Lap Swim (6 Lanes) 8a-12p						9:00 A																		
10:00 A							Lap Swim (6 Lanes) 8a-12p						Lap Swim (6 Lanes) 8a-12p						Lap Swim (6 Lanes) 8a-12p						Lap Swim (6 Lanes) 8a-12p													Lap Swim (6 Lanes) 8a-12p						Lap Swim (6 Lanes) 8a-12p						Lap Swim (6 Lanes) 8a-12p						10:00 A												
11:00 A	Lap Swim (6 Lanes) 8a-12p						Lap Swim (2 Lanes)		Aquacise 10 - 11a				Lap Swim (2 Lanes)		Aquacise 10 - 11a				Lap Swim (2 Lanes)		Aquacise 10 - 11a				Lap Swim (2 Lanes)		Aquacise 10 - 11a				Lap Swim (5 Lanes) 9a-1:15p						Swim Lessons 9a-1:15p	11:00 A																														
12:00 P							Lap Swim (6 Lanes) 8a-12p						Lap Swim (6 Lanes) 8a-12p						Lap Swim (6 Lanes) 8a-12p						Lap Swim (6 Lanes) 8a-12p													Lap Swim (6 Lanes) 8a-12p						Lap Swim (6 Lanes) 8a-12p						Lap Swim (6 Lanes) 8a-12p						12:00 P												
1:00 P							Lap Swim (6 Lanes) 8a-12p						Lap Swim (6 Lanes) 8a-12p						Lap Swim (6 Lanes) 8a-12p						Lap Swim (6 Lanes) 8a-12p													Lap Swim (6 Lanes) 8a-12p						Lap Swim (6 Lanes) 8a-12p						Lap Swim (6 Lanes) 8a-12p						Lap Swim (6 Lanes) 8a-12p						1:00 P						
2:00 P	Lap Swim (6 Lanes) 8a-12p						Lap Swim (2 Lanes)		SWIM TEAM 11a-12p				Lap Swim (2 Lanes)		SWIM TEAM 11a-12p				Lap Swim (2 Lanes)		SWIM TEAM 11a-12p				Lap Swim (2 Lanes)		SWIM TEAM 11a-12p				Lap Swim (5 Lanes) 9a-1:15p						Swim Lessons 9a-1:15p	2:00 P																														
3:00 P							Lap Swim (6 Lanes) 8a-12p						Lap Swim (6 Lanes) 8a-12p						Lap Swim (6 Lanes) 8a-12p						Lap Swim (6 Lanes) 8a-12p													Lap Swim (6 Lanes) 8a-12p						Lap Swim (6 Lanes) 8a-12p						Lap Swim (6 Lanes) 8a-12p						Lap Swim (6 Lanes) 8a-12p						3:00 P						
4:00 P							Lap Swim (6 Lanes) 8a-12p						Lap Swim (6 Lanes) 8a-12p						Lap Swim (6 Lanes) 8a-12p						Lap Swim (6 Lanes) 8a-12p													Lap Swim (6 Lanes) 8a-12p						Lap Swim (6 Lanes) 8a-12p						Lap Swim (6 Lanes) 8a-12p						Lap Swim (6 Lanes) 8a-12p						Lap Swim (6 Lanes) 8a-12p						4:00 P
5:00 P	Pool closed at 4:45p						Lap Swim (6 Lanes) 8a-12p		Lap Swim (6 Lanes) 8:45a-4:15p				Lap Swim (6 Lanes) 8a-12p		Lap Swim (6 Lanes) 8:45a-4:15p				Lap Swim (6 Lanes) 8a-12p		Lap Swim (6 Lanes) 8:45a-4:15p				Lap Swim (6 Lanes) 8a-12p		Lap Swim (6 Lanes) 8:45a-4:15p				Lap Swim (5 Lanes) 9a-1:15p						Swim Lessons 9a-1:15p	5:00 P																														
6:00 P							Lap Swim (6 Lanes) 8a-12p						Lap Swim (6 Lanes) 8a-12p						Lap Swim (6 Lanes) 8a-12p						Lap Swim (6 Lanes) 8a-12p													Lap Swim (6 Lanes) 8a-12p						Lap Swim (6 Lanes) 8a-12p						Lap Swim (6 Lanes) 8a-12p						Lap Swim (6 Lanes) 8a-12p						6:00 P						
7:00 P							Lap Swim (6 Lanes) 8a-12p						Lap Swim (6 Lanes) 8a-12p						Lap Swim (6 Lanes) 8a-12p						Lap Swim (6 Lanes) 8a-12p													Lap Swim (6 Lanes) 8a-12p						Lap Swim (6 Lanes) 8a-12p						Lap Swim (6 Lanes) 8a-12p						Lap Swim (6 Lanes) 8a-12p						Lap Swim (6 Lanes) 8a-12p						7:00 P
8:00 P	Facility Closed at 5p						Lap Swim (6 Lanes) 8a-12p		Lap Swim (6 Lanes) 8:45a-4:15p				Lap Swim (6 Lanes) 8a-12p		Lap Swim (6 Lanes) 8:45a-4:15p				Lap Swim (6 Lanes) 8a-12p		Lap Swim (6 Lanes) 8:45a-4:15p				Lap Swim (6 Lanes) 8a-12p		Lap Swim (6 Lanes) 8:45a-4:15p				Lap Swim (5 Lanes) 9a-1:15p						Swim Lessons 9a-1:15p	8:00 P																														
9:00 P							Lap Swim (6 Lanes) 8a-12p						Lap Swim (6 Lanes) 8a-12p						Lap Swim (6 Lanes) 8a-12p						Lap Swim (6 Lanes) 8a-12p													Lap Swim (6 Lanes) 8a-12p						Lap Swim (6 Lanes) 8a-12p						Lap Swim (6 Lanes) 8a-12p						Lap Swim (6 Lanes) 8a-12p						Lap Swim (6 Lanes) 8a-12p						9:00 P
9:00 P							Lap Swim (6 Lanes) 8a-12p						Lap Swim (6 Lanes) 8a-12p						Lap Swim (6 Lanes) 8a-12p						Lap Swim (6 Lanes) 8a-12p													Lap Swim (6 Lanes) 8a-12p						Lap Swim (6 Lanes) 8a-12p						Lap Swim (6 Lanes) 8a-12p						Lap Swim (6 Lanes) 8a-12p						Lap Swim (6 Lanes) 8a-12p						Lap Swim (6 Lanes) 8a-12p

**See our swim test policy for children 12 and under. [Keene-ymca.org](http://Keene-ymca.org)**