

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
5:00 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 (5 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 (6 Lanes) 6-9a						6:00 A				
7:00 A	Open Swim 8a-12p						Lap Swim (5 Lanes) 9:45a-4p						Lap Swim (2 Lanes)		Aquacise 10 - 11a				Lap Swim (5 Lanes) 9:45a-4p						Lap Swim (2 Lanes)		Aquacise 10 - 11a				Lap Swim (5 Lanes) 9a-1:15p						Swim Lessons 9a-1:15p		7:00 A								
8:00 A							Open Swim 12-3p & Party Rental Space						Open Swim 9:45a-4:15p						Lap Swim (5 Lanes) 11a-4p						Open Swim 11a-4:15p		Lap Swim (5 Lanes) 11a-4p						Open Swim 11a-4:15p		Lap Swim (5 Lanes) 10:30a-4p						Open Swim 10:30a-4:15p		8:00 A				
9:00 A	Lap Swim (4 Lanes) 12-3p						Open Swim 9:45a-4:15p												Lap Swim (5 Lanes) 11a-4p						Open Swim 11a-4:15p		Lap Swim (5 Lanes) 11a-4p						Open Swim 11a-4:15p		Lap Swim (5 Lanes) 10:30a-4p						Open Swim 10:30a-4:15p		9:00 A				
10:00 A	Pool closed at 3p												Open Swim 9:45a-4:15p						Lap Swim (5 Lanes) 11a-4p						Open Swim 11a-4:15p		Lap Swim (5 Lanes) 11a-4p						Open Swim 11a-4:15p		Lap Swim (5 Lanes) 10:30a-4p						Open Swim 10:30a-4:15p		10:00 A				
11:00 A							Swim Team 4-6:45p												Swim lessons 4-6:45p						Swim Team 4-6:45p						Swim lessons 4-6:45p		Swim Team 4-6:45p						Swim lessons 4-6:45p		Swim Team 4-6:45p						Swim lessons 4-6:45p
12:00 P	Swim Team 4-6:45p						Swim lessons 4-6:45p						Swim Team 4-6:45p												Swim lessons 4-6:45p		Swim Team 4-6:45p						Swim lessons 4-6:45p		Swim Team 4-6:45p						Swim lessons 4-6:45p		12:00 P				
1:00 P													Swim Team 1:15-3:30p						Swim lessons 4-6:45p						Swim Team 4-6:45p						Swim lessons 4-6:45p		Swim Team 4-6:45p						Swim lessons 4-6:45p		Swim Team 4-6:45p						Swim lessons 4-6:45p
2:00 P	Lap Swim 3:30-4p						Swim lessons 4-6:45p						Swim Team 4-6:45p												Swim lessons 4-6:45p		Swim Team 4-6:45p						Swim lessons 4-6:45p		Swim Team 4-6:45p						Swim lessons 4-6:45p		2:00 P				
3:00 P	Pool closed at 4p												Swim lessons 4-6:45p						Swim Team 4-6:45p						Swim lessons 4-6:45p		Swim Team 4-6:45p						Swim lessons 4-6:45p		Swim Team 4-6:45p						Swim lessons 4-6:45p		3:00 P				
4:00 P							Lap Swim (4 Lanes) 6:45-7:30p												Open Swim 6:45-7:30p		Lap Swim (4 Lanes) 6:45-7:30p				Open Swim 6:45-7:30p		Lap Swim (4 Lanes) 6:45-7:30p				Open Swim 6:45-7:30p		Lap Swim (4 Lanes) 6:45-7:30p				Open Swim 6:45-7:30p		Lap Swim (4 Lanes) 6:45-7:30p						Open Swim 6:45-7:30p		4:00 P
5:00 P	Lap Swim (4 Lanes) 6:45-7:30p						Open Swim 6:45-7:30p		Lap Swim (4 Lanes) 6:45-7:30p				Open Swim 6:45-7:30p		Lap Swim (4 Lanes) 6:45-7:30p				Open Swim 6:45-7:30p		Lap Swim (4 Lanes) 6:45-7:30p				Open Swim 6:45-7:30p		Lap Swim (4 Lanes) 6:45-7:30p						Open Swim 6:45-7:30p		5:00 P												
6:00 P	Lap Swim (4 Lanes) 6:45-7:30p						Open Swim 6:45-7:30p		Lap Swim (4 Lanes) 6:45-7:30p				Open Swim 6:45-7:30p		Lap Swim (4 Lanes) 6:45-7:30p				Open Swim 6:45-7:30p		Lap Swim (4 Lanes) 6:45-7:30p				Open Swim 6:45-7:30p		Lap Swim (4 Lanes) 6:45-7:30p						Open Swim 6:45-7:30p		6:00 P												
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8:00 P	Lap Swim (4 Lanes) 6:45-7:30p						Open Swim 6:45-7:30p		Lap Swim (4 Lanes) 6:45-7:30p				Open Swim 6:45-7:30p		Lap Swim (4 Lanes) 6:45-7:30p				Open Swim 6:45-7:30p		Lap Swim (4 Lanes) 6:45-7:30p				Open Swim 6:45-7:30p		Lap Swim (4 Lanes) 6:45-7:30p						Open Swim 6:45-7:30p		8:00 P												
9:00 P	Lap Swim (4 Lanes) 6:45-7:30p						Open Swim 6:45-7:30p		Lap Swim (4 Lanes) 6:45-7:30p				Open Swim 6:45-7:30p		Lap Swim (4 Lanes) 6:45-7:30p				Open Swim 6:45-7:30p		Lap Swim (4 Lanes) 6:45-7:30p				Open Swim 6:45-7:30p		Lap Swim (4 Lanes) 6:45-7:30p						Open Swim 6:45-7:30p		9:00 P												
Pool closed at 7:30p																																															

See our swim test policy for children 12 and under. Keene-ymca.org

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