

Keene Family YMCA Lap Pool Schedule

| LANES - | Sunday | | | | | | Monday | | | | | | Tuesday | | | | | | Wednesday | | | | | | Thursday | | | | | | Friday | | | | | | Saturday | | | | | | - LANES | | | | | | | | | | | | |
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| | 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 6:00 A | | | | | | | | | | | | |
| 7:00 A | Lap Swim (5 Lanes) 8a-12p | | | | | | Lap Swim (5 Lanes) 9:45a-4:15p | | | | | | Lap Swim (5 Lanes) 11a-4:15p | | | | | | Lap Swim (5 Lanes) 9:45a-4:15p | | | | | | Lap Swim (5 Lanes) 11a-4:15p | | | | | | Lap Swim (5 Lanes) 10:30a-4:15p | | | | | | Lap Swim (5 Lanes) 9a-3:30p | | | | | | 7:00 A | | | | | | | | | | | | |
| 8:00 A | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 8:00 A | | | | | | | | | | | | |
| 9:00 A | Open Swim 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) | | | | | | Tebada 9:30 - 10:30a | | | | | | Swim Lessons 9a-1:15p | | | | | | 9:00 A | | | | | | |
| 10:00 A | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 10:00 A | | | | | | |
| 11:00 A | Open Swim 12-3p & Party Rental Space | | | | | | Open Swim 9:45a-4:15p | | | | | | Open Swim 11a-4:15p | | | | | | Open Swim 9:45a-4:15p | | | | | | Open Swim 11a-4:15p | | | | | | Open Swim 10:30a-4:15p | | | | | | Open Swim 10:30a-4:15p | | | | | | 11:00 A | | | | | | | | | | | | |
| 12:00 P | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 12:00 P | | | | | | | | | | | | |
| 1:00 P | Lap Swim (4 Lanes) 12-3p | | | | | | Lap Swim (5 Lanes) 3-4:45p | | | | | | Lap Swim (5 Lanes) 3-4:45p | | | | | | Lap Swim (5 Lanes) 3-4:45p | | | | | | Lap Swim (5 Lanes) 3-4:45p | | | | | | Lap Swim (5 Lanes) 3-4:45p | | | | | | Lap Swim (5 Lanes) 3-4:45p | | | | | | 1:00 P | | | | | | | | | | | | |
| 2:00 P | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 2:00 P | | | | | | | | | | | | |
| 3:00 P | Pool closed at 4:45p | | | | | | SWIM TEAM 4:15-6:45p | | | | | | SWIM TEAM 4:15-6:45p | | | | | | SWIM TEAM 4:15-6:45p | | | | | | SWIM TEAM 4:15-6:45p | | | | | | SWIM TEAM 4:15-6:45p | | | | | | SWIM TEAM 4:15-6:45p | | | | | | 3:00 P | | | | | | | | | | | | |
| 4:00 P | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 4:00 P | | | | | | | | | | | | |
| 5:00 P | Facility Closed at 5p | | | | | | Lap Swim (4 Lanes) 6:45-8:45p | | | | | | Open Swim 6:45-8:45p | | | | | | Lap Swim (4 Lanes) 7:15-8:45p | | | | | | Open Swim 6:45-8:45p | | | | | | Lap Swim (4 Lanes) 6:45-8:45p | | | | | | Open Swim 6:45-8:45p | | | | | | Lap Swim (4 Lanes) 6:45-8:45p | | | | | | Open Swim 6:45-8:45p | | | | | | 5:00 P |
| 6:00 P | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 6:00 P |
| 7:00 P | Facility Closed at 6p | | | | | | Lap Swim (4 Lanes) 6:45-8:45p | | | | | | Open Swim 6:45-8:45p | | | | | | Lap Swim (4 Lanes) 6:45-8:45p | | | | | | Open Swim 6:45-8:45p | | | | | | Lap Swim (4 Lanes) 6:45-8:45p | | | | | | Open Swim 6:45-8:45p | | | | | | Lap Swim (4 Lanes) 6:45-8:45p | | | | | | Open Swim 6:45-8:45p | | | | | | 7:00 P |
| 8:00 P | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 8:00 P |
| 9:00 P | Pool closed at 8:45p | | | | | | Lap Swim (4 Lanes) 6:45-8:45p | | | | | | Open Swim 6:45-8:45p | | | | | | Lap Swim (4 Lanes) 6:45-8:45p | | | | | | Open Swim 6:45-8:45p | | | | | | Lap Swim (4 Lanes) 6:45-8:45p | | | | | | Open Swim 6:45-8:45p | | | | | | Lap Swim (4 Lanes) 6:45-8:45p | | | | | | Open Swim 6:45-8:45p | | | | | | 9:00 P |
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See our swim test policy for children 12 and under. keene-ymca.org

Aquatics Director - Morgan Allard - mallard@keene-ymca.org - 603-283-5249

Revised 09/20/2022