Keene Family YMCA Lap Pool Schedule

Time	Sunday (1–6)	Monday (1–6)	Tuesday (1–6)	Wednesday (1–6)	Thursday (1–6)	Friday (1–6)	Saturday (1–6)
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
6:00 A				Lap Swim (2 Lanes): Aqua Combat 6:45 - 8a			Lap Swim (6 Lanes) 6-9a
7:00 A				Lap Swim (6 Lanes) 8-8:45am			
8:00 A	Lap Swim (5 Lanes) 8a-10a; Open Swim 8a-10a	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-12p; Swim Lessons 9a-12p
9:00 A							
10:00 A	Lap Swim (2 Lanes): Aqua Cycle 10 - 11:15a	Lap Swim (2 Lanes): Aqua Board 10 - 11:15a	Lap Swim (2 Lanes): Aquacise 10 - 11a	Lap Swim (5 Lanes) 9:45a-4:15p; Open Swim 9:45a-4:15p	Lap Swim (2 Lanes): Aquacise 10 - 11a	Lap Swim (5 Lanes) 10:30a-4:15p; Open Swim 10:30a-4:15p	
11:00 A			Lap Swim (6 Lanes) 11a-12p				
12:00 P	Open Swim 12-3p & Party Rental Space; Lap Swim (4 Lanes) 11:15a-3p	Lap Swim (5 Lanes) 11:15a-4:15p; Open Swim 11:15a-4:15p	Lap Swim (2 Lanes): Aqua Cycle 12 - 1:15p		Lap Swim (5 Lanes) 11a-4:15p; Open Swim 11a-4:15p		Lap Swim (2 Lanes): Aqua Board 12 - 1:15p
1:00 P			Lap Swim (5 Lanes) 1:15-4:15p; Open Swim 1:15-4:15p				Lap Swim (5 Lanes) 1:15-3:30p
2:00 P							
3:00 P	Lap Swim (5 Lanes) 3-4:45p; Open Swim 3-4:45p	SWIM TEAM 4:15-6:45p; Swim lessons 4-6:45p	SWIM TEAM 4:15-7:15p; Swim lessons 4-6:45p	SWIM TEAM 4:15-6:45p; Swim lessons 4-6:45p	SWIM TEAM 4:15-7:15p; Swim lessons 4-6:45p	SWIM TEAM 4:15-6:45p; Swim lessons 4-6:45p	Lap Swim (4 Lanes) 3:30-5:45p; Open Swim 1:15-5:45p
4:00 P							
5:00 P	Pool closed at 4:45p						Pool closed at 5:45p
6:00 P	Facility Closed at 5p	Lap Swim (2 Lanes): Aqua Cycle 6:45-8p; Lap Swim (4 Lanes) 8-8:45p; Open Swim 8-8:45p	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) 7:15-8:45p; Open Swim 6:45-8:45p	Lap Swim (4 Lanes) 6:45-8:45p; Open Swim 6:45-8:45p	Facility Closed at 6p
7:00 P							
8:00 P							
9:00 P		~~~~~~	Pool closed at 8:45p	~~~~~~			

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

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