

# 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 |                                 |  |  |  |  |  |                                 |  |  |  |  |  |                            |  |  |  |  |  |                               |  |  |  |  |  |                               |
| 5:00 A  | Facility open at 8am                 |   |   |   |   |   | Lap Swim (6 Lanes) 5-8:30a      |   |   |   |   |   | Lap Swim (6 Lanes) 5-8:45a  |   |   |   |   |   | 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-10a     |   |   |   |   |   |                               |   |   |   |   |   |                                |   |   |   |   |   |                              |   |   |   |   |   | Open Swim 8a-10a                |  |  |  |  |  | Lap Swim (2 Lanes)              |  |  |  |  |  | Aqua Combat 6:45 - 8a      |  |  |  |  |  | Lap Swim (6 Lanes) 5-9:30a    |  |  |  |  |  | Lap Swim (6 Lanes) 6-9a       |
| 7:00 A  | Lap Swim (5 Lanes) 8a-10a            |   |   |   |   |   | Lap Swim (2 Lanes)              |   |   |   |   |   | Deep Water H2O 8:45 - 9:45a |   |   |   |   |   | Lap Swim (2 Lanes)            |   |   |   |   |   | Aqua Cycle & Box 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  |  |  |  |  |  | 7:00 A                        |  |  |  |  |  |                               |
| 8:00 A  |                                      |   |   |   |   |   |                                 |   |   |   |   |   |                             |   |   |   |   |   | Lap Swim (2 Lanes)            |   |   |   |   |   | Aqua Cycle 10 - 11:15a        |   |   |   |   |   | Lap Swim (2 Lanes)             |   |   |   |   |   | Aquacise 10 - 11a            |   |   |   |   |   | Lap Swim (2 Lanes)              |  |  |  |  |  | Aquacise 10 - 11a               |  |  |  |  |  | Lap Swim (2 Lanes)         |  |  |  |  |  | Swim Lessons 9a-12p           |  |  |  |  |  | 8:00 A                        |
| 9:00 A  | Open Swim 12-3p & Party Rental Space |   |   |   |   |   | Lap Swim (5 Lanes) 11:15a-4:15p |   |   |   |   |   | Lap Swim (6 Lanes) 11a-12p  |   |   |   |   |   | Lap Swim (2 Lanes)            |   |   |   |   |   | Aqua Cycle 12 - 1:15p         |   |   |   |   |   | Lap Swim (5 Lanes) 9:45a-4:15p |   |   |   |   |   | Open Swim 9:45a-4:15p        |   |   |   |   |   | Lap Swim (5 Lanes) 10:30a-4:15p |  |  |  |  |  | Open Swim 10:30a-4:15p          |  |  |  |  |  | Lap Swim (2 Lanes)         |  |  |  |  |  | Aqua Board 12 - 1:15p         |  |  |  |  |  | 9:00 A                        |
| 10:00 A |                                      |   |   |   |   |   |                                 |   |   |   |   |   | Lap Swim (5 Lanes) 3-4:45p  |   |   |   |   |   | Open Swim 3-4:45p             |   |   |   |   |   | Lap Swim (5 Lanes) 1:15-4:15p |   |   |   |   |   | Open Swim 1:15-4:15p           |   |   |   |   |   | Lap Swim (5 Lanes) 11a-4:15p |   |   |   |   |   | Open Swim 11a-4:15p             |  |  |  |  |  | Lap Swim (5 Lanes) 10:30a-4:15p |  |  |  |  |  | Open Swim 10:30a-4:15p     |  |  |  |  |  | Lap Swim (5 Lanes) 1:15-3:30p |  |  |  |  |  | Lap Swim (5 Lanes) 1:15-3:30p |
| 11:00 A | Pool closed at 4:45p                 |   |   |   |   |   | SWIM TEAM 4:15-6:45p            |   |   |   |   |   | SWIM TEAM 4:15-7:15p        |   |   |   |   |   | SWIM TEAM 4:15-6:45p          |   |   |   |   |   | SWIM TEAM 4:15-7:15p          |   |   |   |   |   | SWIM TEAM 4:15-6:45p           |   |   |   |   |   | SWIM TEAM 4:15-6:45p         |   |   |   |   |   | Lap Swim (4 Lanes) 3:30-5:45p   |  |  |  |  |  | Open Swim 1:15-5:45p            |  |  |  |  |  | 11:00 A                    |  |  |  |  |  |                               |  |  |  |  |  |                               |
| 12:00 P |                                      |   |   |   |   |   |                                 |   |   |   |   |   |                             |   |   |   |   |   |                               |   |   |   |   |   |                               |   |   |   |   |   |                                |   |   |   |   |   |                              |   |   |   |   |   |                                 |  |  |  |  |  |                                 |  |  |  |  |  | Lap Swim (2 Lanes)         |  |  |  |  |  | Aqua Cycle 6:45-8p            |  |  |  |  |  | Lap Swim (4 Lanes) 7:15-8:45p |
| 1:00 P  | Facility Closed at 5p                |   |   |   |   |   | Lap Swim (2 Lanes)              |   |   |   |   |   | Aqua Cycle 6:45-8p          |   |   |   |   |   | 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) 3:30-5:45p   |  |  |  |  |  | Open Swim 1:15-5:45p            |  |  |  |  |  | 1:00 P                     |  |  |  |  |  |                               |  |  |  |  |  |                               |
| 2:00 P  |                                      |   |   |   |   |   |                                 |   |   |   |   |   |                             |   |   |   |   |   |                               |   |   |   |   |   |                               |   |   |   |   |   |                                |   |   |   |   |   |                              |   |   |   |   |   |                                 |  |  |  |  |  |                                 |  |  |  |  |  | Lap Swim (4 Lanes) 8-8:45p |  |  |  |  |  | Open Swim 8-8:45p             |  |  |  |  |  | Lap Swim (4 Lanes) 7:15-8:45p |
| 3:00 P  | Pool closed at 4:45p                 |   |   |   |   |   | SWIM TEAM 4:15-6:45p            |   |   |   |   |   | SWIM TEAM 4:15-7:15p        |   |   |   |   |   | SWIM TEAM 4:15-6:45p          |   |   |   |   |   | SWIM TEAM 4:15-7:15p          |   |   |   |   |   | SWIM TEAM 4:15-6:45p           |   |   |   |   |   | SWIM TEAM 4:15-6:45p         |   |   |   |   |   | Lap Swim (4 Lanes) 3:30-5:45p   |  |  |  |  |  | Open Swim 1:15-5:45p            |  |  |  |  |  | 3:00 P                     |  |  |  |  |  |                               |  |  |  |  |  |                               |
| 4:00 P  |                                      |   |   |   |   |   |                                 |   |   |   |   |   |                             |   |   |   |   |   |                               |   |   |   |   |   |                               |   |   |   |   |   |                                |   |   |   |   |   |                              |   |   |   |   |   |                                 |  |  |  |  |  |                                 |  |  |  |  |  | Lap Swim (4 Lanes) 8-8:45p |  |  |  |  |  | Open Swim 8-8:45p             |  |  |  |  |  | Lap Swim (4 Lanes) 7:15-8:45p |
| 5:00 P  | Pool closed at 4:45p                 |   |   |   |   |   | SWIM TEAM 4:15-6:45p            |   |   |   |   |   | SWIM TEAM 4:15-7:15p        |   |   |   |   |   | SWIM TEAM 4:15-6:45p          |   |   |   |   |   | SWIM TEAM 4:15-7:15p          |   |   |   |   |   | SWIM TEAM 4:15-6:45p           |   |   |   |   |   | SWIM TEAM 4:15-6:45p         |   |   |   |   |   | Lap Swim (4 Lanes) 3:30-5:45p   |  |  |  |  |  | Open Swim 1:15-5:45p            |  |  |  |  |  | 5:00 P                     |  |  |  |  |  |                               |  |  |  |  |  |                               |
| 6:00 P  |                                      |   |   |   |   |   |                                 |   |   |   |   |   |                             |   |   |   |   |   |                               |   |   |   |   |   |                               |   |   |   |   |   |                                |   |   |   |   |   |                              |   |   |   |   |   |                                 |  |  |  |  |  |                                 |  |  |  |  |  | Lap Swim (4 Lanes) 8-8:45p |  |  |  |  |  | Open Swim 8-8:45p             |  |  |  |  |  | Lap Swim (4 Lanes) 7:15-8:45p |
| 7:00 P  | Facility Closed at 5p                |   |   |   |   |   | Lap Swim (2 Lanes)              |   |   |   |   |   | Aqua Cycle 6:45-8p          |   |   |   |   |   | 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) 3:30-5:45p   |  |  |  |  |  | Open Swim 1:15-5:45p            |  |  |  |  |  | 7:00 P                     |  |  |  |  |  |                               |  |  |  |  |  |                               |
| 8:00 P  |                                      |   |   |   |   |   |                                 |   |   |   |   |   |                             |   |   |   |   |   |                               |   |   |   |   |   |                               |   |   |   |   |   |                                |   |   |   |   |   |                              |   |   |   |   |   |                                 |  |  |  |  |  |                                 |  |  |  |  |  | Lap Swim (4 Lanes) 8-8:45p |  |  |  |  |  | Open Swim 8-8:45p             |  |  |  |  |  | Lap Swim (4 Lanes) 7:15-8:45p |
| 9:00 P  | Facility Closed at 5p                |   |   |   |   |   | Lap Swim (2 Lanes)              |   |   |   |   |   | Aqua Cycle 6:45-8p          |   |   |   |   |   | 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) 3:30-5:45p   |  |  |  |  |  | Open Swim 1:15-5:45p            |  |  |  |  |  | 9:00 P                     |  |  |  |  |  |                               |  |  |  |  |  |                               |
| 9:00 P  |                                      |   |   |   |   |   |                                 |   |   |   |   |   |                             |   |   |   |   |   |                               |   |   |   |   |   |                               |   |   |   |   |   |                                |   |   |   |   |   |                              |   |   |   |   |   |                                 |  |  |  |  |  |                                 |  |  |  |  |  | Lap Swim (4 Lanes) 8-8:45p |  |  |  |  |  | Open Swim 8-8:45p             |  |  |  |  |  | Lap Swim (4 Lanes) 7:15-8:45p |

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