



Keene Family YMCA Lap Pool Schedule

Updated May 20, 2023

Aquatics Center Hours: May 28-September 3, 2023

Monday-Friday: 5:00 am - 7:30 pm

Saturday: 6:00 am - 4:00 pm

Sunday: 8:00 am - 11:45 am

**The Aquatics Center will be closed for cleaning every Friday from 12-1 pm*

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap Swim	8:00-11:45 am (4)	5:00-8:30 am (6) 8:30-11:15 am (2) 11:15 am-4:15 pm (5) 7:00-7:30 pm (3)	5:00-8:45 am (6) 8:45-11:00 am (2) 11:00 am-12:00 pm (6) 12:00-1:15 pm (2) 1:15-4:15 pm (5) 6:30-7:30 pm (5)	5:00-8:45 am (6) 8:45-9:45 am (2) 9:45 am-4:15 pm (5) 7:00-7:30 pm (5)	5:00-9:45 am (6) 10:00-11:00 am (2) 11:00 am-4:15 pm (5) 6:30-7:30 pm (5)	5:00-9:30 am (6) 9:30-10:30 am (2) 10:30 am-4:15 pm (5) 7:00-7:30 pm (5)	6:00 am-12:00 pm (6) 12:00-4 pm (4)
Family Open Swim	8:00-11:45 am (2)	11:15 am-4:15 pm (1)	1:15-4:15 pm (1)	9:45 am-4:15 pm (1)	11:00 am-4:15 pm (1) 6:45-7:30 pm (1)	10:30 am-4:15 pm (1)	12:00-4:00 pm (2)
Liquid Gym (Group Ex)		Deep H2O Challenge 8:45-9:45 am Aqua Board Flow 10:15-11:00 am Aqua Cycle 6:00-6:45 pm	Aqua Cycle & Box 9:00-9:45 am Aquacise 10:00-11:00 am	Deep H2O Challenge 8:45-9:45 am	Aquacise 10:00-11:00 am	Deep Water Power 9:30-10:30 am	
Swim Team Practice		4:15-7:00 pm (3-5)	4:15-6:30 pm (3-5)	4:15-7:00 pm (5)	4:15-6:30 pm (5)	4:15-7:00 pm (5)	
Swim Lessons		4:00-6:45 pm (1)	4:00-7:15 pm (1)	4:00-7:15 pm (1)	4:00-6:45 pm (1)	4:15-7:15 pm (1)	

This schedule is subject to change. Please refer to <https://keeneymca.org> for schedule updates.

**() denotes # of lanes available for noted activity.



Keene Family YMCA Teaching Pool Schedule

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	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Family Open Swim		9:00-10:00 am 5:30-7:00 pm	9:00-11:15 am 5:30-7:00 pm	9:00-10:00 am 5:30-7:00 pm	9:00-11:15 am 5:30-7:00 pm	9:00-11:15 am 5:30-7:00 pm	12:00-3:00 pm <i>May close for private rentals</i>
Adult Swim		11:15 am-12:15 pm		11:15 am-12:15 pm		11:15 am-12:15 pm	
Liquid Gym (Group Ex)		Arthritis Foundation Aquatics Program 10:00-11:00 am	Arthritis Foundation Aquatics Program 11:15 am-12:15 pm	Arthritis Foundation Aquatics Program 10:00-11:00 am Prenatal Aqua Fit 12:15-1:00 pm	Arthritis Foundation Aquatics Program 11:15 am-12:15 pm		
Swim Lessons		3:30-5:30 pm	1:00-1:30 pm 3:30-5:30 pm	3:30-5:30 pm	1:00-1:30 pm 3:30-5:30 pm	3:30-5:30 pm	