

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

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

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

Revised 05/09/2023

# Keene Family YMCA Teaching Pool Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 A							5:00 A
6:00 A							6:00 A
7:00 A		<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	7:00 A
8:00 A	Facility Open at 8am						8:00 A
9:00 A	<b>CLOSED</b>	Open Swim 9-10am		Open Swim 9-10am			9:00 A
10:00 A	<b>CLOSED</b>	ARTHRITIS PROGRAM 10-11am	Open Swim 9-11:15am	ARTHRITIS PROGRAM 10-11am	Open Swim 9-11:15am	Open Swim 9-11:15am	10:00 A
11:00 A	<b>CLOSED</b>	ADULT SWIM 11:15am-12:15pm	ARTHRITIS PROGRAM 11:15a-12:15pm	ADULT SWIM 11:15am-12:15pm	ARTHRITIS PROGRAM 11:15a-12:15pm	ADULT SWIM 11:15a-12:15pm	11:00 A
12:00 P				PRENATAL AQUA FIT 12:15-1pm			12:00 P
1:00 P		<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	1:00 P
2:00 P	Open Swim & Party Rental Space 12-4pm	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	2:00 P
3:00 P							3:00 P
4:00 P		Swim Lessons 3:30-5:30pm	Swim Lessons 3:30-5:30pm	Swim Lessons 3:30-5:30pm	Swim Lessons 3:30-5:30pm	Swim Lessons 3:30-5:30pm	4:00 P
5:00 P	<b>CLOSED</b>						5:00 P
6:00 P	Aquatics Closed at 445pm	Open Swim 5:30-7:30pm	Open Swim 5:30-7:30pm	Open Swim 5:30-7:30pm	Open Swim 5:30-7:30pm	Open Swim 5:30-7:30pm	6:00 P
7:00 P							7:00 P
8:00 P		<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	8:00 P
9:00 P							9:00 P
		Aquatics closed at 8:45pm					
							Facility open at 6am
							6:00 A
							7:00 A
							8:00 A
							9:00 A
							10:00 A
							11:00 A
							12:00 P
							1:00 P
							2:00 P
							3:00 P
							4:00 P
							5:00 P
							6:00 P
							7:00 P
							8:00 P
							9:00 P

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