



Keene Family YMCA Lap Pool Schedule

Updated September 9, 2023

Aquatics Center Hours: September 9, 2023

Monday-Friday: 5:00 am - 8:45 pm

Saturday: 6:00 am - 5:45 pm

Sunday: 8:00 am - 4:45 pm

**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 am- 1:00 pm (5 lanes) 1:00-2:00 pm (4 lanes) 2:00 - 4:45 pm (5 lanes) | 5:00-8:30 am (6 lanes) 11:15 am-4:00 pm (5 lanes) 7:30-8:45 pm (5 lanes) | 5:00-8:45 am (6 lanes) 11:15 am-4:00 pm (5 lanes) 7:30-8:45 pm (5 lanes) | 5:00-8:30 am (6 lanes) 11:15 am-4:00 pm (5 lanes) 7:30-8:45 pm (5 lanes) | 5:00-9:45 am (6 lanes) 11:15 am-4:00 pm (5 lanes) 7:30-8:45 pm (5 lanes) | 5:00-8:30 am (6 lanes) 11:15 am-4:00 pm (5 lanes) 7:30-8:45 pm (5 lanes) | 6:00 am-8:45 am (6 lanes) 8:45 am-12:00 pm (4 lanes) 12:00-1:00 pm (5 lanes) 1:00-2:00 pm (4 lanes) 2:00-5:45 pm (5 lanes) |
| Open Swim | 8:00 am-1:00 pm (1 lane) 2:00 -4:45 pm (1 lane) | 11:15 am-4:00 pm (1 lane) 7:00 -8:45 pm (1 lane) | 11:15 am-4:00 pm (1 lane) 7:00 -8:45 pm (1 lane) | 10:00 am-4:00 pm (1 lane) 7:00 -8:45 pm (1 lane) | 11:15 am-4:00 pm (1 lane) 7:00 -8:45 pm (1 lane) | 10:00 am-12:00 pm (1 lane) 1:00 -4:00 pm (1 lane) 7:00 -8:45 pm (1 lane) | 8:45 -11:45 am (1 lane) 2:15-4:00 pm (1 lanes) |
| Liquid Gym (Group Ex) | | Deep H2O Challenge 8:45-9:45 am Aqua Board Flow 10:15-11:00 am | 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 8:45-9:45 am | |
| Swim Team Practice | | 4:15-7:15 pm (5 lanes) | 4:15-7:15 pm (5 lanes) | 4:15-7:15 pm (5 lanes) | 4:15-7:15 pm (5 lanes) | 4:15-7:15 pm (5 lanes) | |
| Swim Lessons | | 4:00-6:45 pm (1 lane) | 4:00-6:45 pm (1 lane) | 4:00-7:30 pm (2 lanes) | 4:00-6:45 pm (1 lane) | 4:00-6:45 pm (1 lane) | |

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 | 2:00-4:00 pm | 9:00-10:00 am 6:00-7:30 pm | 9:00-11:15 am 6:00-7:30 pm | 9:00-10:00 am 6:00-7:30 pm | 9:00-11:15 am 6:00-7:30 pm | 9:00-11:15 am 6:00-7:30 pm | 2:00-4:00 pm |
| Adult Swim | | 11:15 am-12:15 pm | | 11:15 am-12:15 pm | | 11:15 am-12:00 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 | |