



Keene Family YMCA Lap Pool Schedule

Aquatics Center Hours
 Monday-Friday: 5:00 am - 8:00 pm
 Saturday: 6:00 am - 4:00 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	8:00-10:00 am 11:15 am - 2:00 pm 2:00-4:45 pm	5:00-8:30 am 11:15 am-4:30 pm 6:30-8:00 pm	5:00-8:30 am 11:15 am-4:30 pm 7:00-8:00 pm	5:00-8:30 am 10:00 am-4:30 pm 6:30-8:00 pm	5:00-9:45 am 11:15 am-4:30 pm 7:00-8:00 pm	5:00-8:30 am 10:00 am-4:30 pm 6:30-8:00 pm	6:00 am-4:00 pm
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) 6:30 -8:00 pm (1 lane)	11:15 am-4:00 pm (1 lane) 7:00 -8:00 pm (1 lane)	10:00 am-4:00 pm (1 lane) 6:30 -8:00 pm (1 lane)	11:15 am-4:00 pm (1 lane) 7:00 -8:00 pm (1 lane)	10:00 am-12:00 pm (1 lane) 1:00 -4:00 pm (1 lane) 6:30 -8:00 pm (1 lane)	6:00 am -9:00 am (1 lane) 11:30am-4:00 pm (1 lane)
Liquid Gym (Group Ex)	Liquid Gym Party 10:15-11:00 am	Deep H2O Challenge 8:45-9:45 am Aqua Board Flow 10:15-11:00 am	Aqua Cycle 8:45-9:45 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		Swim Team 4:30-6:30 pm	Swim Team 4:30-7:00 pm	Swim Team 4:30-6:30 pm	Swim Team 4:30-7:00 pm	Swim Team 4:30-6:30 pm	
Swim Lessons		4:00-6:30 pm (1 lane)	4:00-6:15 pm (1 lane)	4:00-6:00 pm (2 lanes)	4:00-6:15 pm (1 lane)	4:00-6:00 pm (1 lane)	9:00-11:30 am (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

Aquatics Center Hours
 Monday-Friday: 5:00 am - 8:00 pm
 Saturday: 6:00 am - 4:00 pm
 Sunday: 8:00 am - 4:45 am

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

	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	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	8:45-11:15 am