



# Keene Family YMCA Lap Pool Schedule

**Aquatics Center Hours**  
 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 - 10:00 am 11:15 - 4:45 pm	5:00-8:30 am 11:15 am-4:30 pm 6:30-8:45 pm	5:00-8:30 am 11:15 am-4:30 pm 7:00-8:45 pm	5:00-8:30 am 10:00 am-4:30 pm 6:30-8:45 pm	5:00-9:45 am 11:15 am-4:30 pm 7:00-8:45 pm	5:00-8:30 am 10:00 am-4:30 pm 6:30-8:45 pm	6:00 am - 5:45 pm
Open Swim	8:00 - 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) 6:30 -8:00 pm (1 lane)	10:00 am-4:00 pm (1 lane) 7:00 -8:00 pm (1 lane)	11:15 am-4:00 pm (1 lane) 6:30 -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)	<b>Aqua Interval Challenge</b> 10:15-11:15 am	<b>Deep H2O Challenge</b> 8:45-9:45 am <b>Aqua Board Flow</b> 10:15-11:00 am	<b>Aqua Cycle</b> 8:45-9:45 am <b>Aquacise</b> 10:00-11:00 am	<b>Deep H2O Challenge</b> 8:45-9:45 am <b>Aqua Waves &amp; Weights</b> 10:00-10:45 am	<b>Aquacise</b> 10:00-11:00 am	<b>Aqua Cycle</b> 8:45-9:45 am <b>Aqua Waves &amp; Weights</b> 10:00-10:45 am	
Aquatrack	1:00-3:00 pm <b>*1:00-2:00 pm Rental Slot, Please Call Ahead</b>					6:00-7:30 pm	1:00-3:00 pm <b>*1:00-2:00 pm Rental Slot, Please Call Ahead</b>
Swim Team Practice		4:30-7:00 pm	4:30-7:30 pm	4:30-7:00 pm	4:30-7:30 pm	4:30-7:00 pm	
Swim Lessons		4:00-6:15 pm (1 lane)	4:00-6:15 pm (2 lanes)	4:00-7:00 pm (2 lanes)	4:00-6:15 pm (2 lanes)	4:00-6:15 pm (1 lane)	9:00-11:45 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 - 8:45 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
Family Open Swim	10:00 am-12:00 pm 2:00-4:00 pm <b>*2:00-3:00 pm Rental Slot, Please Call Ahead</b>	9:00-10:00 am 6:00-7:30 pm	9:00-10:15 am 6:00-7:30 pm	9:00-10:00 am 6:00-7:30 pm	9:00-10:15 am 6:00-7:30 pm	9:00-10:00 am 6:00-7:30 pm	2:00-4:00 pm <b>*2:00-3:00 pm Rental Slot, Please Call Ahead</b>
Adult Swim		11:15 am-12:15 pm		11:15 am-12:15 pm		11:00 am-12:00 pm	
Liquid Gym (Group Ex)		<b>Arthritis Foundation Aquatics Program</b> 10:00-11:00 am	<b>Arthritis Foundation Aquatics Program</b> 11:30 am-12:30 pm	<b>Arthritis Foundation Aquatics Program</b> 10:00-11:00 am	<b>Arthritis Foundation Aquatics Program</b> 11:30 am-12:30 pm	<b>Arthritis Foundation Aquatics Program</b> 10:00-11:00 am	
Swim Lessons		3:30-5:30 pm	10:15-11:15 am 3:30-5:30 pm	2:00-2:45 pm 3:30-5:30 pm	10:15-11:15 am 3:30-5:30 pm	3:30-5:30 pm	8:45-11:15 am