



# POOL HOURS

## TOWPATH TRAIL YMCA

### MAY 2022

#### MONDAY

6:30-9AM	LAP SWIM
9-10AM	AQUAMOTION W/ HEATHER
10-12PM	LAP SWIM
3-6PM	OPEN SWIM + 2 LAP LANE
6-6:50PM	AQUAMOTION W/ KAREN
6:50-8PM	OPEN SWIM



**Lap Swim:** swimming or moving up & down the lane.

**Open Swim:** Free swim time, no lane lines.

#### TUESDAY

6:30-9AM	LAP SWIM
9-10AM	AQUAMOTION W/ HEATHER
10AM-12PM	LAP SWIM
3:30-5:15PM	OPEN SWIM + 2 LAP LANE
5:15-6:30PM	SWIM LESSONS
6:30PM-8PM	OPEN SWIM + 2 LAP LANE

#### FRIDAY

6:30-9AM	LAP SWIM
9AM-10AM	AQUAJOGGING WITH ALAINA
10AM-12PM	LAP SWIM
3pm- 6pm	OPEN SWIM + 1 LAP LANE

#### WEDNESDAY

6:30AM-12PM	LAP SWIM
3:30-6PM	OPEN SWIM + 2 LAP LANE
6-6:50PM	AQUAMOTION W/ KAREN
6:50-8PM	OPEN SWIM

#### SATURDAY

7-8:45AM	LAP SWIM
8:45-11:30AM	SWIM LESSONS
11:30-1:30PM	OPEN SWIM + 1 LAP LANE

#### THURSDAY

6:30-9AM	LAP SWIM
9-10AM	AQUAMOTION W/ ALAINA
10-11AM	PRESCHOOL SWIM
11-12PM	LAP SWIM
3:30-5:15PM	OPEN SWIM + 2 LAP LANE
5:15-6:30PM	SWIM LESSONS
6:30-8 PM	OPEN SWIM + 2 LAP LANE

#### SUNDAY

12-1PM	LAP SWIM
1-3:30PM	OPEN SWIM + 1 LAP LANE

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