

Lampeter Strasburg YMCA

Indoor Pool Schedule

January 5th - March 1st

Sunday	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
10:00 - 11:00am	Lap Swim					
11:00am - 4:30pm	Family Swim		Lap Swim			

Monday	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
5:00 - 7:00am	Lap Swim					
7:00 - 10:00am	Water Exercise		Lap Swim			
10:00am - 3:15pm	Family Swim		Lap Swim			
3:15 - 6:45pm	Family Swim		Lap Swim	Swim Team		
6:45 - 7:30pm	Water Exercise		Rumblers			
7:30-8:00pm	Family Swim		Rumblers			
8:00 - 9:30pm	Family Swim		Lap Swim			

Tuesday	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
5:00 - 7:00am	Lap Swim					
7:00 - 10:00am	Water Exercise		Lap Swim			
10:00am - 3:15pm	Family Swim		Lap Swim			
3:15 - 4:30pm	Family Swim		Lap Swim	Swim Team		
4:30 - 7:00pm	Lessons		Lap Swim	Swim Team		
7:00 - 8:00pm	Water Exercise		Rumblers			
8:00 - 9:30pm	Family Swim		Lap Swim			

Wednesday	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
5:00 - 7:00am	Lap Swim					
7:00 - 10:00am	Water Exercise		Lap Swim			
10:00am - 3:15pm	Family Swim		Lap Swim			
3:15 - 4:30pm	Family Swim		Lap Swim	Swim Team		
4:30 - 7:00pm	Lessons		Lap Swim	Swim Team		
7:00 - 8:00pm	Family Swim		Rumblers			
8:00 - 9:30pm	Family Swim		Lap Swim			

Thursday	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
5:00 - 8:00am	Lap Swim					
8:00 - 10:00am	Water Exercise		Lap Swim			
10:00am - 3:15pm	Family Swim		Lap Swim			
3:15 - 4:30pm	Family Swim		Lap Swim	Swim Team		
4:30 - 7:00pm	Lessons		Lap Swim	Swim Team		
7:00 - 8:00pm	Water Exercise		Rumblers			
8:00 - 9:30pm	Family Swim		Lap Swim			

Friday	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
5:00 - 7:00am	Lap Swim					
7:00 - 10:00pm	Water Exercise		Lap Swim			
10:00am - 3:15pm	Family Swim		Lap Swim			
3:15 - 6:30pm	Family Swim		Lap Swim	Swim Team		
6:30 - 7:30pm	Family Swim		Lap Swim			

Saturday	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
7:00 - 8:00am	Lap Swim					
8:00 - 9:00am	Lap Swim			Swim Team		
9:00am - 12:00pm	Lessons		Lap Swim			Lessons
12:00 - 3:30pm	Family Swim		Lap Swim		Scuba	
3:30 - 5:30pm	Family Swim		Lap Swim			