

Bethlehem Area YMCA

Lap Pool Schedule Effective January 1—31, 2012

Numbers after a program denote the possible number of lanes available

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-6:00AM	Lap Swim (6)	Lap Swim (6)	Lap Swim (6)	Lap Swim (6)	Lap Swim (6)	YMCA OPENS @ 7 AM	
6:00-7:00AM	Lap Swim (6)	Lap Swim (3) 6:30 H2O Exercise(3)	Lap Swim (4) 6:30 H2O Exercise (2)	Lap Swim (3) 6:30 H2O Exercise (3)	Lap Swim (6)		
7:00-8:00AM	Lap Swim (6)	Lap Swim (3) H2O Exercise(3)	Lap Swim (4) H2O Exercise(2)	Lap Swim (3) H2O Exercise (3)	Lap Swim (6)	Lap Swim (6)	Masters (2) Lap Swim (4)
8:00-9:00AM	Lap Swim (4) Shallow H2O (2)	Lap Swim (4) Forever Fit (2)	Lap Swim (4) Shallow H2O (2)	Lap Swim (4) Forever Fit (2)	Lap Swim (4) Shallow H2O	H2O Exercise 8:15 (3) Lap Swim (3)	Lap Swim (2) 8:30 Master's (2) Open Swim (2)
9:00-10:00AM	Deep H2O Exercise (3) Lap Swim (3)	Deep H2O Exercise (3) Lap Swim (3)	Deep H2O Exercise (3) Lap Swim (3)	Deep H2O Exercise (3) Lap Swim (3)	9:00 Deep Intervals (3) Lap Swim (3)	Lap Swim (4) Lessons (2) NO OPEN SWIM	Lap Swim (4) Open Swim (2)
10:00-11:00AM	Lap Swim (3) Stretch and Strengthen (3)	Lap Swim (6)	Lap Swim (3) Stretch and Strengthen (3)	Lap Swim (6)	Lap Swim (3) Stretch and Strengthen (3)	Lap Swim (4) Lessons (2) NO OPEN SWIM	Lap Swim (4) Open Swim (2)
11:00-12:00PM	Lap Swim (6)	Lap Swim (6)	Lap Swim (6)	Lap Swim (6)	Lap Swim (6)	Lap Swim (3) Lessons (3) NO OPEN SWIM	Lap Swim (4) Open Swim (2)
12:00-1:00PM	Lap Swim (6)	Lap Swim (6)	Lap Swim (6)	Lap Swim (6)	Lap Swim (6)	Lap Swim (1) Swim Team (5) NO OPEN SWIM	Lap Swim (4) Open Swim (2)
1:00-2:00PM	Lap Swim (6)	Lap Swim (6)	Lap Swim (6)	Lap Swim (6)	Lap Swim (6)	Lap Swim (2) Swim Team (4) NO OPEN SWIM	Lap Swim (4) Open Swim(2)
2:00-3:00PM	Lap Swim (6)	Lap Swim (6)	Lap Swim (4) SynchroFit (2)	Lap Swim(6)	Lap Swim (6)	Lap Swim (4) Open Swim (2)	Lap Swim (4) Open Swim (2)
3:00-4:00PM	Lap Swim (4) Open Swim (2)	Lap Swim (4) Open Swim (2)	Lap Swim (2) Open Swim (2)	Lap Swim (4) Open Swim (2)	Lap Swim (4) Open Swim (2)	Lap Swim (4) Open Swim(2)	Lap Swim (4) Open Swim(2)
4:00-5:00PM	Lap Swim (4) Lessons (2) No Open Swim	Lap Swim (4) Lessons (2) No Open Swim	Lap Swim (4) Lessons (2) No Open Swim	Lap Swim (4) Open Swim (2)	Lap Swim (4) Open Swim (2)	Lap Swim (4) Open Swim (2)	Lap Swim (4) Open Swim/ B-day Party (2)
5:00-6:00PM	Lap Swim (4) Lessons (2) No Open Swim	Lap Swim (4) Lessons (2) No Open Swim	Lap Swim (4) Lessons (2) No Open Swim	Lap Swim (2) Swim Team (4) NO OPEN SWIM	Lap Swim (4) Open Swim (2)	Lap Swim (4) Open Swim (2)	Lap Swim (4) Open Swim(2)
6:00-7:00PM	Synchro(3) Lap Swim (3) NO OPEN SWIM	Swim Team (5) Lap Swim (1) NO OPEN SWIM	Lap Swim (2) 6:30 Master's (2) Open Swim (2)	Swim Team (4) Lap Swim (2) NO OPEN SWIM	Swim Team (4) Lap Swim/B-day Party (2) NO OPEN SWIM	Lap Swim (4) Open Swim(2)	Lap Swim (4) Open Swim (2)
7:00-8:00PM	Synchro (3) Lap Swim (3) NO OPEN SWIM	Lap Swim (2) Swim Team (4) NO OPEN SWIM	Swim Team (3) Lap Swim (1) Master's(2) NO OPEN SWIM	Lap Swim (3) Swim Team (3) NO OPEN SWIM	Swim Team (4) Lap Swim (2) NO OPEN SWIM	Pool Area Closes @ 6:30 PM	
8:00-9:00PM	Synchro (4) Lap Swim (2) No Open Swim	Lap Swim (4) Open Swim (2)	Lap Swim (4) Open Swim (2)	Lap Swim (4) Open Swim (2)	Lap Swim (4) Open Swim (2)		
9:00-9:30PM	Lap Swim (4) Open Swim (2)	Lap Swim (4) Open Swim (2)	Lap Swim (4) Open Swim (2)	Lap Swim (4) Open Swim (2)	Lap Swim (4) Open Swim (2)		

LIFEGUARDS RESERVE THE RIGHT TO CHANGE POOL LANE USAGE AT ANY TIME

Pool Area Closes @ 9:30PM