## FAIRLESS HILLS POOL SCHEDULE

Monday			
Time	Program	Lanes	
5-7:55 AM	Lap Swim	L 1-4	
5-7:55 AM	PWW	L 5-6	
8-9 AM	Lap Swim	L 1-3	
8-8:45 AM	Aqua Deep Water	L 4-6	
9-10 AM	Lap Swim	L 1-2	
9-9:45 AM	Aqua Aerobics	L 3-6	
10 AM-4:30 PM	Private Swim Lessons	L 1	
10 AM-4:30 PM	Open Swim	L 2-6	
4:30-7 PM	Open Swim	L 4-6	
4:30-7:30 PM	Swim Team & Privates	L 1-3	
7-7:45 PM	Lap Swim	L 4-6	
7:45-8:30 PM	Private Swim Lessons	L 1	
7:45-8:30 PM	Open Swim	L 2-6	

Thursday			
Time	Program	Lanes	
5-7:55 AM	Lap Swim	L 1-4	
5-7:55 AM	PWW	L 5-6	
8-9 AM	Lap Swim	L 1-3	
8-8:45 AM	Aqua Aerobics	L 4-6	
9-10 AM	Lap Swim	L 1-2	
9-9:45 AM	Aqua Interval	L 3-6	
10 AM-4:30 PM	Private Swim Lessons	L1	
10 AM-4:30 PM	Open Swim	L 2-6	
4:30-7 PM	Open Swim	L 4-6	
4:30-7:30 PM	Swim Team & Privates	L 1-3	
7-7:45 PM	Lap Swim	L 4-6	
7:45-8:30 PM	Private Swim Lessons	L 1	
7:45-8:30 PM	Open Swim	L 2-6	

Sunday			
Time	Program	Lanes	
7-9AM	Lap Swim	L 1-4	
7-9AM	PWW	L 5-6	
9 AM-2 PM	Lifeguard Training	L 1-2	
9 AM-12 PM	Lap Swim	L 3-6	
9 AM-5:30 PM	Private Swim Lessons	L1	
12-2 PM	Lap Swim	L 3	
2-4 PM	Lap Swim	L 2-3	
12-4 PM	Family Swim	L 4-6	
4-5:30 PM	Lap Swim	L 2-6	

**IMPORTANT NOTE:** While we try to adhere to

swim team, private lessons, or lifeguard training,

those lanes will be available for lap swim.

this schedule, it may change due to unexpected

circumstances. If programs are not running, such as

Tuesday		
Time	Program	Lanes
5-7:55 AM	Lap Swim	L 1-4
5-7:55 AM	PWW	L 5-6
8-9 AM	Lap Swim	L 1-3
8-8:45 AM	Aqua Aerobics	L 4-6
9-10 AM	Lap Swim	L 1-2
9-9:45 AM	Aqua Interval	L 3-6
10-11:30 AM	Private Swim Lessons	L 1
10-11:25 AM	Open Swim	L 2-6
11:30 AM - 12:15 PM	Lap Swim	L 1-2
11:30 AM-12:15 PM	Silver Sneakers Splash	L 3-6
12:15-3:45 PM	Private Swim Lessons	L 1
12:15-4:30 PM	Open Swim	L 2-6
4:30-7 PM	Open Swim	L 4-6
4:30-7:30 PM	Swim Team & Privates	L 1-3
7-7:45 PM	Aqua Zumba	L 4-6
7:45-8:30 PM	Private Swim Lessons	L 1
7:45-8:30 PM	Open Swim	L 2-6

Friday			
Time	Program	Lanes	
5-8 AM	Lap Swim	L 1-4	
5-8 AM	PWW	L 5-6	
8-9 AM	Lap Swim	L 1-3	
8-8:45 AM	Aqua Deep Water	L 4-6	
9-10 AM	Lap Swim	L 1-2	
9-9:45 AM	Aqua Aerobics	L 3-6	
10 AM-3:45 PM	Private Swim Lessons	L 1	
10 AM-3:45 PM	Open Swim	L 2-6	
3:45-8:30 PM	Swim Team & Lifeguard Training	L 1-3	
3:45-6 PM	Lap Swim	L 4-6	
6-8:30 PM	Family Swim	L 4-6	
7:45-8:30 PM	Lap Swim	L 3	

ONE TIME CLOSURES			
Date	Time	Lanes	
June 2	Boy Scout Swim Test 7 PM-8:30 PM	L 1-2	
June 4	Lifeguard Training 7 PM-8:30 PM	L 1-2	

Lanes will be closed to members during the above times due to scheduled pool events.

Children 12 and younger must participate in a swimming skills assessment and will be provided a colored wristband based on their swimming ability. Once tested, each time a child comes into the Y for open or family swim they will need to acquire their color-appropriate wristband from the Welcome Center when checking in. For additional information, please review our Test, Mark, Protect Parent Guidelines.

Wednesday		
Time	Program	Lanes
5-7:55 AM	Lap Swim	L 1-4
5-7:55 AM	PWW	L 5-6
8-9 AM	Lap Swim	L 1-3
8-8:45 AM	Aqua Deep Water	L 4-6
9-10 AM	Lap Swim	L 1-2
9-9:45 AM	Aqua Aerobics	L 3-6
10AM-4:30 PM	Private Swim Lessons	L 1
10 AM-4:30 PM	Open Swim	L 2-6
4:30-7 PM	Open Swim	L 4-6
4:30-7:30 PM	Swim Team & Privates	L 1-3
7-7:45 PM	Lap Swim	L 4-6
7:45-8:30 PM	Private Swim Lessons	L 1
7:45-8:30 PM	Open Swim	L 2-6

Saturday		
Time	Program	Lanes
7-7:55 AM	Lap Swim	L 1-4
7-7:55 AM	PWW	L 5-6
8-8:45 AM	Lap Swim	L 1-3
8-8:45 AM	Aqua Zumba	L 4-6
9 AM-12 PM	Swim Team & Lifeguard Training	L 1-2
9 AM-12 PM	Open Swim	L 3-6
12-1 PM	Lap Swim	L 3-6
12-2 PM	Private Swim Lessons	L 1-2
2-4:45 PM	Private Swim Lessons	L1
1-5:30 PM	Lap Swim	L 2-3
1-5:30 PM	Family Swim	L 4-6

## Key

**Lap Swim:** Generally reserved for swimmers 12+ using the lane productively.

Personal Water Workout (PWW): Independent water walking, jogging, or aqua fitness

**OPEN SWIM:** Lanes are available for all types of swimmers including lap swimmers, aqua jogging, and families. During open swim, please share lanes with swimmers doing similar activities.

**Family Swim:** Lap lanes are removed aside from safety lines. Open space is available for swimmers of all ages to swim recreationally.

Pool schedules for River Crossing YMCA branches are available online at <u>www.ymcarivercrossing.org</u>

## **JUNE 1-8**