

FAIRLESS HILLS POOL SCHEDULE

OCTOBER

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 1-2
8-8:45 AM	Aqua Deep Water	L 3-6
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
3:45-7 PM	Closed for Programs	All Lanes
7-7:45 PM	Swim Team & Swim Lessons	L 1-2, 6
7-7:45 PM	Lap Swim	L 3-4
7-8:30 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 1-2
8-8:45 AM	Aqua Aerobics	L 3-6
9-10 AM	Lap Swim	L 1-2
9-9:45 AM	Aqua Interval	L 3-6
10 AM-3:45 PM	Private Swim Lessons	L 1
10 AM-3:45 PM	Open Swim	L 2-6
3:45-7 PM	Closed for Programs	All Lanes
7-7:45 PM	Swim Team & Swim Lessons	L 1-2, 5-6
7-7:45 PM	Lap Swim	L 3-4
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-12 PM	Lifeguard Training	L 1-2
9 AM-12 PM	Lap Swim	L 3-6
9 AM-5:30 PM	Private Swim Lessons	L 1
12-4 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 this schedule, it may change due to unexpected circumstances. If programs are not running, such as swim team or private lessons, those lanes will be available for lap swim.

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 1-2
8-8:45 AM	Aqua Aerobics	L 3-6
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
12:15-3:45 PM	Open Swim	L 2-6
3:45-7 PM	Closed for Programs	All Lanes
7-7:45 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
5-7:55 AM	Lap Swim	L 1-4
5-7:55 AM	PWW	L 5-6
8-9 AM	Lap Swim	L 1-2
8-8:45 AM	Aqua Deep Water	L 3-6
9-10 AM	Lap Swim	L 1-2
9-9:45 AM	Aqua Aerobics	L 3-6
10-3:45 PM	Private Swim Lessons	L 1
10-3:45 PM	Open Swim	L 2-6
3:45-8:30 PM	Swim Team & Lifeguarding	L 1-3
3:45-6 PM	Lap Swim	L 4-6
6-8:30 PM	Family Swim	L 4-6

Key	
Lap Swim:	Generally reserved for children 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.

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 1-2
8-8:45 AM	Aqua Deep Water	L 3-6
9-10 AM	Lap Swim	L 1-2
9-9:45 AM	Aqua Aerobics	L 3-6
10-3:45 PM	Group & Private Swim Lessons	L 1
10-3:45 PM	Open Swim	L 2-6
3:45-7 PM	Closed for Programs	All Lanes
7-7:45 PM	Swim Team & Private Swim Lessons	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
8-9:30 AM	Swim Team	L 1-2
8-8:45 AM	Lap Swim	L 3
8-8:45 AM	Aqua Zumba	L 4-6
8:45 AM-12 PM	Closed for Programs	All Lanes
12-1 PM	Lap Swim	L 3-6
12-1 PM	Group & Private Swim Lessons	L 1-2
1-5:30 PM	Private Swim Lessons	L 1
1-5:30 PM	Lap Swim	L 2-3
1-5:30 PM	Family Swim	L 4-6

LANES CLOSED FOR PROGRAMS		
Time	Date	Lanes
1-5:30 PM	October 11th for LG Training	L 1-2
6-7:30pm	October 24th for Friday Night Splash	All
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](#).

Pool schedules for River Crossing YMCA branches are available online at www.ymcarivercrossing.org