

QUAKERTOWN LAP POOL SCHEDULE

OCTOBER

| Monday | | |
|----------------|---------------------------|-----------|
| Time | Program | Lanes |
| 5-8:55 AM | Lap Swim | L 1-5 |
| 5-8:55 AM | PWW | L 6 |
| 9-9:20 AM | Lap Swim | L 1-4 |
| 9-9:20 AM | PWW | L 5-6 |
| 9:30-10:15 AM | Lap Swim | L 1 |
| 9:30-10:15 AM | Aqua Deep Water Challenge | L 2-6 |
| 10:30-10:45 AM | Lap Swim | L 1-3 |
| 10:30-10:45 AM | PWW | L 4-6 |
| 11 AM-12 PM | Lap Swim | L 2-5 |
| 11 AM-12 PM | PWW | L 6 |
| 11 AM-12 PM | Private Lessons | L 1 |
| 12-1 PM | Lap Swim | L 1-3 |
| 12-1 PM | Aqua Zumba | L 4-6 |
| 1-2:30 PM | Lap Swim | L 2-5 |
| 1-2:30 PM | PWW | L 6 |
| 1-2:30 PM | Private Lessons | L 1 |
| 2:30-3 PM | Lap Swim | L 1-3 |
| 2:30-3 PM | QT HS Swim Team | L 4-6 |
| 3-4 PM | Lap Swim | L 1 |
| 3-4 PM | QT HS ST & Swim Team | L 2-6 |
| 4-5 PM | Private Lessons | L 1 |
| 4-5 PM | Swim Team | L 3-6 |
| 5-8:00 PM | Closed for Programs | All Lanes |
| 7:30-8:30 PM | Masters Swim | L 3-6 |
| 8-8:30 PM | Lap Swim | L 1-2 |

| Thursday | | |
|--------------|---------------------|-----------|
| Time | Program | Lanes |
| 5-8:55 AM | Lap Swim | L 1-5 |
| 5-8:55 AM | PWW | L 6 |
| 9-10 AM | Lap Swim | L 1 |
| 9-9:45 AM | Power Waves | L 2-6 |
| 10-10:45 AM | Lap Swim | L 1-3 |
| 10-10:45 AM | PWW | L 4-6 |
| 11 AM-3 PM | Lap Swim | L 2-5 |
| 11 AM-3 PM | PWW | L 6 |
| 11 AM-3 PM | Private Lessons | L 1 |
| 3-4 PM | Lap Swim | L 2-3 |
| 3-4 PM | PWW | L 6 |
| 3-4 PM | Swim Team | L 4-5 |
| 3-5 PM | Private Lessons | L 1 |
| 4-5 PM | Swim Team | L 3-6 |
| 5-8 PM | Closed for Programs | All Lanes |
| 7:30-8:30 PM | Masters Swim | L 3-6 |
| 8-8:30 PM | Lap Swim | L 1-2 |

| One Time Events | | |
|--|------------------------|---------|
| 9/21 | Lifeguard Recert Class | 2 lanes |
| Lanes will be closed to members during the above times due to scheduled pool events. | | |

| Tuesday | | |
|------------|---------------------|-----------|
| Time | Program | Lanes |
| 5-8:55 AM | Lap Swim | L 1-5 |
| 5-8:55 AM | PWW | L 6 |
| 9-10:45 AM | Lap Swim | L 1-2 |
| 9-10:45 AM | PWW | L 4-6 |
| 11 AM-3 PM | Lap Swim | L 2-5 |
| 11 AM-3 PM | PWW | L 6 |
| 11 AM-3 PM | Private Lessons | L 1 |
| 3-4 PM | Lap Swim | L 2-3 |
| 3-4 PM | PWW | L 6 |
| 3-4 PM | Swim Team | L 4-5 |
| 3-5 PM | Private Lessons | L 1 |
| 4-5 PM | Swim Team | L 3-6 |
| 5-8 PM | Closed for Programs | All Lanes |
| 8-8:30 PM | Lap Swim | All Lanes |

| Friday | | |
|---------------|----------------------|-----------|
| Time | Program | Lanes |
| 5-8:55 AM | Lap Swim | L 1-5 |
| 5-8:55 AM | PWW | L 6 |
| 9-9:45 AM | Lap Swim | L 1 |
| 9-9:45 AM | Aqua Zumba | L 2-6 |
| 10-10:45 AM | Lap Swim | L 1-3 |
| 10-10:45 AM | PWW | L 4-6 |
| 11 AM-2:30 PM | Lap Swim | L 2-5 |
| 11 AM-2:30 PM | PWW | L 6 |
| 11 AM-2:30 PM | Private Lessons | L 1 |
| 2:30-3 PM | Lap Swim | L 1-3 |
| 2:30-3 PM | QT HS Swim Team | L 4-6 |
| 3-4 PM | Lap Swim | L 1 |
| 3-4 PM | QT HS ST & Swim Team | L 2-6 |
| 4-8 PM | Private Lessons | L 1 |
| 4-8 PM | Lap Swim | L 2 |
| 4-8 PM | Swim Team | L 3-6 |
| 8-8:30 PM | Lap Swim | All Lanes |

| 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. | |

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 |
| 5-8:55 AM | Lap Swim | L 1-5 |
| 5-8:55 AM | PWW | L 6 |
| 9-10:45 AM | Lap Swim | L 1 |
| 9-9:45 AM | Aqua Deep | L 2-6 |
| 10-10:45 AM | Aqua Barre | L 2-6 |
| 11 AM-2:30 PM | Lap Swim | L 2-5 |
| 11 AM-2:30 PM | PWW | L 6 |
| 11 AM-2:30 PM | Private Lessons | L 1 |
| 2:30-3 PM | Lap Swim | L 1-3 |
| 2:30-3 PM | QT HS Swim Team | L 4-6 |
| 3-4 PM | Lap Swim | L 1 |
| 3-4 PM | QT HS ST & Swim Team | L 2-6 |
| 4-5 PM | Private Lessons | L 1 |
| 4-5 PM | Swim Team | L 3-6 |
| 5-8:00 PM | Closed for Programs | All Lanes |
| 8-8:30 PM | Lap Swim | L 1-2 |

| Saturday | | |
|--------------|--------------|-------|
| Time | Program | Lanes |
| 7-8:55 AM | Lap Swim | L 1-2 |
| 7-8:45 AM | Swim Team | L 3-6 |
| 9 AM-1:30 PM | Lap Swim | L 5 |
| 9 AM-1:30 PM | PWW | L 6 |
| 9 AM-1:30 PM | Swim Lessons | L 1-4 |
| 1:30-4:30 PM | Lap Swim | L 1-2 |
| 1:30-2:30 PM | Swim Team | L 3-6 |
| 2:30-4:30 PM | Family Swim | L 4-6 |
| 2:30-4:30 PM | Lap Swim | L 1-3 |
| 4:30-5:30 PM | Lap Swim | L 1-5 |
| 4:30-5:30 PM | PWW | L 6 |

| Sunday | | |
|--------------|-----------------|-------|
| Time | Program | Lanes |
| 7-7:55 AM | Lap Swim | L 1-4 |
| 7-7:55 AM | PWW | L 5-6 |
| 8-9 AM | Lap Swim | L 1-4 |
| 8-8:50 AM | Aqua Zumba | L 5-6 |
| 9 AM-2 PM | Lap Swim | L 2-5 |
| 9 AM-1:30 PM | PWW | L 6 |
| 9 AM-2 PM | Private Lessons | L 1 |
| 2-4:30 PM | Lap Swim | L 1-4 |
| 1:30-4:30 PM | Family Swim | L 5-6 |
| 4:30-5:30 PM | Lap Swim | L 1-5 |
| 4:30-5:30 PM | PWW | L 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.