

QUAKERTOWN LAP POOL SCHEDULE

NOVEMBER

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 1-2
12-1 PM	Aqua Zumba	L 3-6
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 1-5
3-5 PM	QCSD Swim Team	L 1-5
3-5 PM	Lap Swim	L 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
5-6:30 AM	Lap Swim	L 1-3
5-6:30 AM	CBR Swim Team	L 4-5
5-8:55 AM	PWW	L 6
6:40-9 AM	Lap Swim	L 1-5
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
3-5 PM	QCSD Swim Team	L 1-5
3-5 PM	Lap Swim	L 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

Tuesday		
Time	Program	Lanes
5-6:30 AM	Lap Swim	L 1-3
5-6:30 AM	CBR Swim Team	L 4-5
5-8:55 AM	PWW	L 6
6:40-9 AM	Lap Swim	L 1-5
9-10:00 AM	Lap Swim	L 1
9-9:45 AM	Aqua Interval	L 2-6
10-11 AM	Lap Swim	L 1-3
10-11 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
3-5 PM	QCSD Swim Team	L 1-5
3-5 PM	Lap Swim	L 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
3-5 PM	QCSD Swim Team	L 1-5
3-5 PM	Lap Swim	L 6
5-8 PM	Private Lessons	L 1
5-8 PM	Lap Swim	L 2
5-8 PM	Swim Team	L 3-6
8-8:30 PM	Lap Swim	All Lanes

One Time Events		
11/2	Lifeguard Recert	2 Lanes
11/21-11/23	Lifeguard Class	2 Lanes
11/22	Pool Closed at 1 PM for Swim Meet	All Areas
11/27	Building Closed	
Lanes will be closed to members during the above times due to scheduled pool events.		

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-3 PM	Lap Swim	L 2-5
11 AM-3 PM	PWW	L 6
11 AM-3 PM	Private Lessons	L 1
3-5 PM	QCSD Swim Team	L 1-5
3-5 PM	Lap Swim	L 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

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.

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.

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 ymcarivercrossing.org