

# FAIRLESS HILLS POOL SCHEDULE

# MARCH

## 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-3:45 PM	Private Swim Lessons	L 1
10 AM-3:45 PM	Open Swim	L 2-6
3:45-7:45 PM	Closed for Programs	All Lanes
7:45-8:30 PM	Lap Swim	L 1-3
7:45-8:30 PM	Open Swim	L 4-6

## 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-3:45 PM	Private Swim Lessons	L 1
10 AM-3:45 PM	Open Swim	L 2-6
3:45-7:45 PM	Closed for Programs	All Lanes
7:45-8:30 PM	Lap Swim	L 1-3
7:45-8:30 PM	Open Swim	L 4-6

## 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

## 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	Private Swim Lessons	L 1
11:30 AM-12:15 PM	Lap Swim	L 2
11:30 AM-12:15 PM	Silver Sneakers Splash	L 3-6
12:15-3:00 PM	Private Swim Lessons	L 1
12:15-3:00 PM	Open Swim	L 2-6
3-4:00 PM	Private Swim Lessons	L 4
3-3:45 PM	Open Swim	L 1-3, 5-6
3:45-7:45 PM	Closed for Programs	All Lanes
7-7:45 PM	Swim Team & Private Swim Lessons	L 1-3
7-7:45 PM	Aqua Zumba	L 4-6
7:45-8:30 PM	Lap Swim	L 1-3
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 1-3
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
3:45-6 PM	Private Swim Lessons	L 6
3:45-6 PM	Lap Swim	L 4-5
6-8:30 PM	Family Swim	L 4-6
3:45-8:30 PM	Swim Team & Lifeguarding Training	L 1-3

## 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 1-3
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	Group & Private Swim Lessons	L 1
10 AM-3:45 PM	Open Swim	L 2-6
3:45-7:45 PM	Closed for Programs	All Lanes
7:45-8:30 PM	Lap Swim	L 1-3
7:45-8:30 PM	Open Swim	L 4-6

## 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	Swim Team & Private Swim Lessons	L 1-3
8-8:45 AM	Aqua Zumba	L 4-6
8:45 AM-1 PM	Closed for Programs	All Lanes
1-5:30 PM	Private Swim Lessons	L 1-2
1-5:30 PM	Lap Swim	L 3
1-5:30 PM	Family Swim	L 4-6

## ONE TIME POOL CLOSURES

Time	Date	Lanes
3:45-8:30 PM	<b>LIFEGUARD TRAINING ON MARCH 20</b>	L 1-2
9 AM - 5:30 PM	<b>LIFEGUARD TRAINING ON MARCH 21+28</b>	L 1-2

**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](#).

**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.

Pool schedules for River Crossing YMCA branches are available online at [www.ymcarivercrossing.org](http://www.ymcarivercrossing.org)