

# GRAND ISLAND YMCA POOL SCHEDULE



MORNING					
MON	TUE	WED	THU	FRI	SAT
	MASTERS SWIM		MASTERS SWIM		
	5:30-6:30 am		5:30-6:30 am		
LAP SWIM	MASTERS SWIM	LAP SWIM	MASTERS SWIM	LAP SWIM	LAP SWIM
6:00 - 8:00 am 6 lanes	6:30 - 7:00 am 3 lanes	6:00 - 8:00 am 6 lanes	6:30 - 7:00 am 3 lanes	6:00 - 8:00 am 6 lanes	7:00 - 9:00 am 6 lanes
	LAP SWIM		LAP SWIM		SWIM LESSONS
	7:00 - 8:00 am 6 lanes		7:00 - 8:00 am 6 lanes		9:00 - 11:00 am
WATER FITNESS	WATER FITNESS	WATER FITNESS	WATER FITNESS	WATER FITNESS	SWIM LESSONS
8:00 - 9:00 am 3 lanes	8:00 - 9:00 am 3 lanes	8:00 - 9:00 am 3 lanes	8:00 - 9:00 am 3 lanes	8:00 - 9:00 am 3 lanes	10:00 - 11:00 am
LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM
8:00 - 9:00 am 3 lanes	8:00 - 9:00 am 3 lanes	8:00 - 9:00 am 3 lanes	8:00 - 9:00 am 3 lanes	8:00 - 9:00 am 3 lanes	11:00 am-1:00 pm 6 lanes
SWIM LESSONS	SWIM LESSONS	SWIM LESSONS	SWIM LESSONS		Open Swim
9:00 - 10:15 am 3 lanes	9:00 - 10:15 am 3 lanes	9:00 - 10:15 am 3 lanes	9:00 - 10:15 am 3 lanes		1:00 - 3:00 3 lanes
LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM
9:00 - 11:30 am 3 lanes	9:00 - 11:30 am 3 lanes	9:00 - 11:30 am 3 lanes	9:00 - 11:30 am 3 lanes	9:00 - 11:30 am	1:00 - 3:00 3 lanes
ARTHRITIS AQUATIC	ARTHRITIS AQUATIC	ARTHRITIS AQUATIC	ARTHRITIS AQUATIC	ARTHRITIS AQUATIC	
10:30 - 11:30 am 3 lanes	10:30 - 11:30 am 3 lanes	10:30 - 11:30 am 3 lanes	10:30 - 11:30 am 3 lanes	10:30 - 11:30 am 3 lanes	
MIDDAY					
LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	
11:30 am-1:00 pm 6 lanes	11:30 am-1:00 pm 6 lanes	11:30 am-1:00 pm 6 lanes	11:30 am-1:00 pm 6 lanes	11:30 am-1:00 pm 6 lanes	
SENIOR SWIM	SENIOR SWIM	SENIOR SWIM	SENIOR SWIM	SENIOR SWIM	
1:00 - 2:00 pm 3 lanes	1:00 - 2:00 pm 3 lanes	1:00 - 2:00 pm 3 lanes	1:00 - 2:00 pm 3 lanes	1:00 - 2:00 pm 3 lanes	
LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	
1:00 - 2:00 pm 3 lanes	1:00 - 2:00 pm 3 lanes	1:00 - 2:00 pm 3 lanes	1:00 - 2:00 pm 3 lanes	1:00 - 2:00 pm 3 lanes	
OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	
2:00 - 3:45 PM 3 lanes	2:00 - 3:45 PM 3 lanes	2:00 - 3:45 PM 3 lanes	2:00 - 3:45 PM 3 lanes	2:00 - 3:45 PM 3 lanes	
LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	
2:00 - 3:45 pm 3 lanes	2:00 - 3:45 pm 3 lanes	2:00 - 3:45 pm 3 lanes	2:00 - 3:45 pm 3 lanes	2:00 - 3:45 pm 3 lanes	
EVENING					
SWIM TEAM	SWIM TEAM	SWIM TEAM	SWIM TEAM	SWIM TEAM	
3:45 - 5:30 pm	3:45 - 6:45 pm	3:45 - 6:30 pm	3:45 - 5:30 pm	3:45 - 6:45 pm	
SWIM TEAM			SWIM TEAM		
5:30 - 6:45 3 lanes			5:30 - 7:00 3 lanes		
SWIM LESSONS	OPEN SWIM	OPEN SWIM	SWIM LESSONS	OPEN SWIM	
5:30 - 7:00 3 lanes	6:45-8:00 3 lanes	6:30-8:00 3 lanes	5:30 - 6:45 3 lanes	6:45-7:30 3 lanes	
WATER FITNESS	LAP SWIM	LAP SWIM	WATER FITNESS	LAP LANES	
7:00 - 8:00 PM	6:45 - 8:00 PM 3 lanes	6:45 - 8:00 PM 3 lanes	7:00 - 8:00 PM	6:45 - 7:30 PM	