



Lap Swim Pool Schedule

Rochester Area Family YMCA | September 2 - September 8

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim LAP POOL	7:00am - 9:00am (4 LANES) 9:15am - 3:30pm (2 LANES)	6:00am - 9:00am (4 LANES) 9:15am - 10:30am (2 LANES) 10:30am - 3:00pm (4 LANES) 3:00pm - 9:00pm (2 LANES)	5:00am - 6:00am (3 LANES) 6:15am - 9:00am (3 LANES) 9:00am - 10:30am (2 LANES) 10:30am - 3pm (4 LANES) 3:00pm - 9:00pm (2 LANES)	6:00am - 9:00am (4 LANES) 9:15am - 10:30am (2 LANES) 10:30 - 3:00pm (4 LANES) 3:00pm - 9:00pm (2 LANES)	5:00am - 9:15am (4 LANES) 9:15 - 10:30am (2 LANES) 10:30am-3:00pm (4 LANES) 3:00pm - 8:30pm (2 LANES)	6:00am - 8:15am (4 LANES) 8:30am - 7:30pm (2 LANES)	8:00am - 11:00am (4 LANES) 11:00am - 7:30pm (2 LANES)
Lap Walking LAP POOL	5:00am - 9:15am (1 LANE)	6:00am - 9:15am (1 LANE) 10:30am - 3:00pm (1 LANE)	5:00am - 6:15am (1 LANE) 10:30am - 3:00pm (1 LANE)	6:00am - 9:15am (1 LANE) 10:30am - 3:00pm (1 LANE)	5:00am - 9:15am (1 LANE) 10:30am - 3:00pm (1 LANE)	6:00am - 8:15am (1 LANE)	8:00am - 11:00am (1 LANE)

Schedules subject to change without notice; Multiple activities may occur at once; Not all activities are noted; Swim Test during Open Swim (every hour), M-Su starting at 10:30am; Ask Aquatics for details



Open Swim Pool Schedule

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Swim LAP POOL	10:00am - 3:30pm (2 LANES)	3:00pm - 9:00pm (2 LANES)	3:00pm - 9:00pm (2 LANES)	3:00pm - 9:00pm (2 LANES)	3:00pm - 8:30pm (2 LANES)	9:30am - 7:30pm (2 LANES)	11:00am - 7:30pm (2 LANES)

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