



NEW HOPE YMCA

LAP POOL SCHEDULE

April 29th- May 5th, 2024

Updated: 4/21/24

NO Reservations Required (Except for Water X Classes)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-7:45am Lap Swim (5) Water Walking (1)	5:00-7:45am Lap Swim (5) Water Walking (1)	5:00-7:00am Lap Swim (5) Water Walking (1) 7:15-8:00 Water X	5:00-7:30am Lap Swim (5) Water Walking (1)	5:00-7:00am Lap Swim (5) Water Walking (1) 7:15-8:15am Water X	CLOSED	CLOSED
8:00-9:00am Water X	8:00-9:00am Water X	8:10-10:50am Lap Swim (4) Open Swim (2)	7:45-8:45am Water X	8:25-9:55am Lap Swim (4) Open Swim (2)	7:00-8:00am Lap Swim (3) Open Swim (3) 8:15-9:15am Water X	7:00-10:50am Lap Swim (2) Water Walking (1) Lifeguard Class (3)
9:10-10:45am Lap Swim (4) Open Swim (2)	9:10-10:50am Lap Swim (3) ECLC & Lesson (3)		9:00-10:50am Lap Swim (4) ECLC Swim (2)	10:00am-10:45am Lap Swim (4) Baptism (2)	9:25am-11:10am Lap Swim (2) Swim Lesson (4)	10:55am-4:45pm Lap Swim (3) Lifeguard Class (3)
10:45-10:55am CLOSED						
11:00-1:00pm Water VolleyBall	11:00-11:45am Lap Swim (1) Water X (4) Swim Lesson (1) 11:55-3:55pm Lap Swim (3) Open swim (3)	11:00-1:00pm Water VolleyBall	11:00-11:45am Lap Swim (2) Water X 11:55am-4:05pm Lap Swim (3) Open swim (3)	11:00-1:00pm Water VolleyBall	11:15am-12:20pm Swim Lessons (4) Lifeguard Class (2) 12:20-4:45pm Lap Swim (3) Lifeguard Class (3) *No Open Swim*	*No Open Swim*
1:15-5:05pm Lap Swim (3) Open Swim (3)		1:10-4:15pm Lap Swim (2) Open Swim (4)		1:10-5:05pm Lap Swim (3) Open Swim (3)		
	4:05-4:55pm Lap Swim (2) SAC Swimming(4) 6:05-8:45pm	4:25-6:10pm Lap Swim (2) Swim Lessons (4)	4:15-7:10pm Lap Swim (2) Swim Lessons (4)			
5:15-8:00pm Lap Swim (1) Swim Team (5)	Lap Swim (3) Open Swim (3)	6:20-7:20pm Lap Swim (1) Swim Lessons (5) 7:25-8:45pm	7:15-8:00pm Water X	5:15-8:00pm Swim Team (4) Lifeguard Class (2) *No Lap/Open Swim*	CLOSED	CLOSED
8:05-8:45pm Lap Swim (2) Swim Team (4)		Lap Swim (3) Open Swim (3)	8:10-8:45pm Lap Swim (4) Open Swim (2)	8:05-8:45pm Lap Swim (3) Lifeguard class (3)		

During Lap swim, you are required to share a lane with another swimmer if all lanes are full. This may include circle swimming.

Reminder: Lap Swim requires a pink wristband for swimmers under 15 years of age and MUST be swimming laps/water exercise

Swim Testings is available Monday-Friday from 10am-7pm, during open swim.