

LAP POOL SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pool Opens @ 5:00 AM					Pool Opens @ 6:00 AM	
Lap Swim & Fitness (5) 5:00 - 8:55					Lap Swim & Fitness (5) 6:00 - 8:00	Lap Swim & Fitness (5) 6:00 - 11:55
Water Fitness Classes(1) 9:00 - 10:30	Water Fitness Classes(1) 9:00 - 10:30	Water Fitness Classes (1) 9:00 - 10:30	Water Fitness Classes (1) 9:00 - 10:30	Water Fitness Classes (1) 9:00 - 10:30	Swim Team(3) 8:00 - 9:00	
Adult Conditioning (1) 10:35 - 11:30	Swim Lessons (3) 10:35 -11:15	Swim Lessons (3) 10:35 - 11:15	Adult Conditioning (1) 10:35 - 11:30	Swim Lessons (3) 10:35 -11:15	Swim Lessons (1) 9:00 - 1:00	Lap Swim & Fitness (5) 6:00 - 11:55
Lap Swim & Fitness (5) 11:30 - 1:00	Lap Swim & Fitness (5) 11:15-12:00 Water Fitness Class (3)12:00-1:00	Lap Swim & Fitness (4) 11:15-3:30	SilverSplash (2) 11:30 - 12:30	Lap Swim & Fitness (5) 11:15-12:00		
Swim Lessons (3) 1:00 - 2:30	Lap Swim & Fitness (4) 1:00-3:30		Lap Swim (4) 12:30 - 1:00	Swim Lessons (3) 1:00 - 2:30	Water Fitness Class (3)12:00-1:00	Special Populations (4) 1:00 - 2:00
Lap Swim & Fitness (4) 2:30-3:30		Lap Swim & Fitness (4) 2:30-3:30	Lap Swim & Fitness (4) 2:30-3:30	Lap Swim & Fitness (4) 2:30-3:30	Lap Swim & Fitness (4) 1:00-3:30	Open Family Swim (3) 2:00 - 5:30
QCHS Swim team 3:30-5:30 (1)	QCHS Swim team 3:30-5:30 (1)	QCHS Swim team 3:30-5:30 (1)	QCHS Swim team 3:30-5:30 (1)	QCHS Swim team 3:30-5:30 (1)	Pool Closes @ 5:30 PM	
Swim Lessons & Swim Team (1) 5:30-8:30	Swim Lessons & Swim Team (1) 5:30-8:30	Water Fitness class, Swim Lessons, & Swim Team (1) 5:30-8:30	Swim Lessons & Swim Team (1) 5:30-8:30	Swim Team (2) 5:30-8:00		(#) - Denotes the number of lap lanes available for continuous 25 yd. lap swimming at that time. If you should have any questions please contact the Aquatics Office at (215) 536-9622 ext 126 or email us at Becky.Musselman@ubymca.org * Schedule may change for instances out of our control such as, lightning, water contamination, ect.
Lap Swim & Fitness (5) 8:30 - 9:30	Lap Swim & Fitness (5) 8:30 - 9:30	Adult Conditioning (1) 8:30 - 9:30	Lap Swim & Fitness (5) 8:30 - 9:30	Closes @ 8:00 PM		
Pool Closes @ 9:30 PM						