

FAIRLESS HILLS POOL SCHEDULE

May 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM - 7:55 AM LAP SWIM (L 1-4)	5:00 AM - 7:55 AM LAP SWIM (L 1-4)	5:00 AM - 7:55 AM LAP SWIM (L 1-4)	5:00 AM - 7:55 AM LAP SWIM (L 1-4)	5:00 AM - 7:55 AM LAP SWIM (L 1-4)	7:00 AM - 7:55 AM LAP SWIM (L 1-4)	7:00 AM - 9:00 AM LAP SWIM (L 1-4)
5:00 AM - 7:55 AM AQUA JOGGING (L 5-6)	5:00 AM - 7:55 AM AQUA JOGGING (L 5-6)	5:00 AM - 7:55 AM AQUA JOGGING (L 5-6)	5:00 AM - 7:55 AM AQUA JOGGING (L 5-6)	5:00 AM - 7:55 AM AQUA JOGGING (L 5-6)	6:00 AM - 7:55 AM AQUA JOGGING (L 5-6)	7:00 AM-9:00 AM AQUA JOGGING (L 5-6)
8:00 AM - 8:45 AM AQUA DEEP WATER (L 4-6)	8:00 AM - 8:45 AM AQUA AEROBICS (L 4-6)	8:00 AM - 8:45 AM AQUA DEEP WATER (L 4-6)	8:00 AM - 8:45 AM AQUA AEROBICS (L 4-6)	8:00 AM - 8:45 AM AQUA DEEP WATER (L 4-6)	8:00 AM - 8:45 AM AQUA ZUMBA (L 3-6)	9:00 AM - 2:00 PM PRIVATE SWIM LESSONS (L 1)
8:00 AM - 9:00 AM LAP SWIM (L 1-3)	8:00 AM - 9:00 AM LAP SWIM (L 1-3)	8:00 AM - 9:00 AM LAP SWIM (L 1-3)	8:00 AM - 9:00 AM LAP SWIM (L 1-3)	8:00 AM - 9:00 AM LAP SWIM (L 1-3)	8:00 AM - 9:00 AM LAP SWIM (L 1-2)	9:00 AM - 12:00 PM LIFEGUARD TRAINING (L 2-3)
9:00 AM-9:45 AM AQUA AEROBICS (L 3-6)	9:00 AM-9:45 AM AQUA INTERVAL (L 3-6)	9:00 AM-9:45 AM AQUA AEROBICS (L 3-6)	9:00 AM-9:45 AM AQUA INTERVAL (L 3-6)	9:00 AM-9:45 AM AQUA AEROBICS (L 3-6)	9:00 AM - 12:00 PM GROUP/PRIVATE LESSONS (L 3-6)	9:00 AM - 12:00 PM LAP SWIM (L 4-6)
9:00 AM-10:00 AM LAP SWIM (L 1-2)	9:00 AM-10:00 AM LAP SWIM (L 1-2)	9:00 AM-10:00 AM LAP SWIM (L 1-2)	9:00 AM-10:00 AM LAP SWIM (L 1-2)	9:00 AM-10:00 AM LAP SWIM (L 1-2)	9:00 AM - 12:00 PM LIFEGUARD TRAINING (L 1-2)	12:00 PM - 2:45 PM FAMILY SWIM (L 4-6)
10:00 AM - 3:45 PM PRIVATE SWIM LESSONS (L 1)	10:00 AM - 11:30 AM PRIVATE SWIM LESSONS (L 1)	10:00 AM - 3:45 PM PRIVATE SWIM LESSONS (L 1)	10:00 AM - 3:45 PM PRIVATE SWIM LESSONS (L 1)	10:00 AM - 3:45 PM PRIVATE/GROUP SWIM LESSONS (L 1)	12:00 PM - 2:00 PM PRIVATE SWIM LESSONS (L 1)	12:00 PM - 2:00 PM LAP SWIM (L 2-3)
10:00 AM - 3:45 PM OPEN SWIM (L 2-6)	10:00 AM - 11:25 AM OPEN SWIM (L 2-6)	10:00 AM - 3:45 PM OPEN SWIM (L 2-6)	10:00 AM - 3:45 PM OPEN SWIM (L 2-6)	10:00 AM - 3:45 PM OPEN SWIM (L 2-6)	12:00 PM-2:00 PM LAP SWIM (L 2-6)	2:00 PM - 4:00 PM SWIM TEAM (L 1-3)
3:45 PM - 7:15 PM POOL CLOSED FOR PROGAMS (ALL LANES)	11:30 AM - 12:15 PM SILVER SNEAKERS SPLASH (L 3-6)	3:45 PM - 7:30 PM POOL CLOSED FOR PROGAMS (ALL LANES)	3:45 PM - 7:15 PM POOL CLOSED FOR PROGAMS (ALL LANES)	3:45 PM - 7:15 PM SWIM TEAM/PRIVATE LESSONS (L 1-3)	2:00 PM-4:45 PM FAMILY SWIM (L 4-6)	3:00 PM - 4:00PM LAP SWIM (L 4-6)
7:15 PM - 7:45 PM SWIM TEAM/PRIVATE LESSONS (L 1-3)	11:30 AM - 12:15 PM LAP SWIM (L 1-2)	7:15 PM - 7:45 PM SWIM TEAM/PRIVATE LESSONS (L 1-4)	7:15 PM - 7:45 PM SWIM TEAM/PRIVATE LESSONS (L 1-3)	4:00 PM - 7:45 PM LIFEGUARD TRAINING (L 4)	2:00 PM-4:45 PM LAP SWIM (L 1-3)	4:00 PM - 4:45 PM LAP SWIM (L 1-6)
7:15 PM - 7:45 PM LAP SWIM (L 4-6)	12:30 PM - 3:45 PM PRIVATE SWIM LESSONS (L 1)	7:15 PM - 7:45 PM LAP SWIM (L 3-6)	7:15 PM - 8:45 PM LAP SWIM (L 4-6)	4:00 PM - 6:00 PM LAP SWIM (L 5-6)		
7:45 PM-8:45 PM OPEN SWIM (L 1-6)	12:30 PM - 3:45 PM OPEN SWIM (L 2-6)	7:45 PM - 8:45 PM LIFEGUARD TRAINING (L 1-2)	7:45 PM - 8:45 PM LAP SWIM (L 1-6)	6:00 PM - 7:15 PM SWIM TEAM (L 1-3)	L = LANE	AQUA JOGGING = Independent water walking, jogging, or fitness
	3:45 PM - 7:15 PM POOL CLOSED FOR PROGAMS (ALL LANES)	7:45 PM-8:45 PM OPEN SWIM (L 3-6)		6:00 PM - 7:45 PM FAMILY SWIM (L 5-6)	LAP SWIM = Generally reserved for swimmers over the age of 12 who are using the lane productively.	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.
	7:15 PM - 8:45 PM PRIVATE LESSONS (L 1)	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, those lanes will be available for lap swim.		7:15 PM - 7:45 PM LAP SWIM (L 1-3)		
	7:30 PM - 8:45 PM LAP SWIM (L 2-6)				FAMILY SWIM: Lap lanes are open and available for all types of swimmers.	Pool schedule available online at www.ymcabhc.org