



Lap Pool Schedule Hampton Family YMCA September 2010

The numbers in () below indicate how many lanes will be in use during each event. The Pool Schedule is subject to change.

HOURLY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 a.m.- 7:00 a.m.	(8) Lap Lanes	(8) Lap Lanes	(8) Lap Lanes	(8) Lap Lanes	(8) Lap Lanes		
7:00 a.m.- 8:00 a.m.	(8) Lap Lanes	(8) Lap Lanes	(8) Lap Lanes	(8) Lap Lanes	(8) Lap Lanes	POOL OPENS AT 8:00 A.M.	
8:00 a.m. - 9:00 a.m.	(8) Lap Lanes	(8) Lap Lanes	(8) Lap Lanes	(8) Lap Lanes	(8) Lap Lanes	(3) Swim Team (2) Lap Swim (3) Water Aerobics	
9:00 a.m. - 10:00 a.m.	(4) Lap Lanes (4) Shallow Water Aerobics	(4) Lap Lanes (4) Deep Water Aerobics	(4) Lap Lanes (4) Shallow Water Aerobics	(4) Lap Lanes (4) Deep Water Aerobics	(4) Lap Lanes (4) Shallow Water Aerobics	(3) Swim Team (4) Swim Lessons (1) Lap Swim	
10:00 a.m.- 11:00 a.m.	(4) Lap Lanes (4) Arthritis Class	(4) Lap Lanes (4) Water Pilates	(4) Lap Lanes (4) Arthritis Class	(4) Lap Lanes (4) Water Pilates	(4) Lap Lanes (4) Arthritis Class	(4) Lap Lanes (4) Swim Lessons	
11:00 a.m. - 12:00 p.m.	(4) Lap Lanes (4) Silversplash	(4) Lap Lanes (4) Open Swim	(4) Lap Lanes (4) Silversplash	(4) Lap Lanes (4) Open Swim	(4) Lap Lanes (4) Silversplash	(4) Lap Lanes (4) Open Swim	
12:00 p.m. - 1:00 p.m.	(4) Lap Lanes (4) Open Swim	(4) Lap Lanes (4) Open Swim	(4) Lap Lanes (4) Open Swim	(4) Lap Lanes (4) Open Swim	(4) Lap Lanes (4) Open Swim	(4) Lap Lanes (4) Open Swim	POOL OPENS AT 1:00 P.M.
1:00 p.m. - 2:00 p.m.	(4) Lap Lanes (4) Open Swim	(4) Lap Lanes (4) Open Swim	(4) Lap Lanes (4) Open Swim	(4) Lap Lanes (4) Open Swim	(4) Lap Lanes (4) Open Swim	(4) Lap Lanes (4) Open Swim	(2) Lap Lanes (3) Open Swim (3) Unique Swimming
2:00 p.m. - 3:00 p.m.	(4) Lap Lanes (4) Open Swim	(4) Lap Lanes (4) Open Swim	(4) Lap Lanes (4) Open Swim	(4) Lap Lanes (4) Open Swim	Pool Closed	(4) Lap Lanes (4) Open Swim	(2) Lap Lanes (3) Open Swim (3) Unique Swimming
3:00 p.m. - 4:00 p.m.	Open Swim (4) (4) Lap Swim	Open Swim (4) (4) Lap Swim	Open Swim (4) (4) Lap Swim	Open Swim (4) (4) Lap Swim	Open Swim (4) (4) Lap Swim	POOL CLOSSES AT 4:30 P.M.	(2) Lap Lanes (3) Open Swim (3) Unique Swimming Closed at 4:30 PM.
4:00 p.m. - 5:00 p.m.	Swim Lessons (4) Lap Swim (4)	Swim Lessons (4) Lap Swim (4)	Swim Lessons (4) Lap Swim (4)	Swim Lessons (4) Lap Swim (4)	Open Swim (4) (4) Lap Swim		
5:00 p.m. - 6:00 p.m.	(1) Lap Lanes (3) Swim Lessons/Swim Team (5:30) (3) Deep Water Aerobics Open Swim (Shallow End at 6:00)	(4) Lap Lanes (4) Swim Lessons	(1) Lap Lanes (3) Swim Lessons/Swim Team (5:30) (3) Shallow Water Aerobics Open Swim (Deep End at 5:30)	(3) Lap Lanes (5) Swim Lessons	(5) Lap Lanes (3) Deep Water Aerobics 5:45 PM-6:30 PM Open Swim (shallow end at 5:45)		
6:00 p.m. - 7:00 p.m.	(1) Lap Lanes (3) Shallow Water Aerobics Open Swim (Deep End at 6:30) (4) Swim Team	(1) Lap Lanes (4) Swim Lessons (4) Shallow Water Aerobics at 6:45 PM	(1) Lap Lanes (3) Deep Water Aerobics Open Swim (Shallow End at 6:30) (4) Swim Team	(1) Lap Lanes (4) Swim Lessons (2) Unique Swimming at 6:30 PM	(4) Lap Lanes (4) Shallow Water Aerobics 6:30 PM-7:15 PM (2) Unique Swimming at 6:30 PM		
7:00 p.m. - 8:00 p.m.	(1) Lap Lanes (3) Open Swim (at 7:15) (4) Swim Team	(4) Lap Lanes (4) Swim Lessons (4) Shallow Water Aerobics	(1) Lap Lanes (3) Open Swim (at 7:15) (3) Special Olymics (4) Swim Team	(1) Lap Lanes (5) Swim Lessons (2) Unique Swimming	(2) Lap Lanes (4) Open Swim (Shallow at 7:15) (2) Unique Swimming		