



NEW HOPE YMCA

LAP POOL SCHEDULE

April 29th- May 5th, 2024

Updated: 4/28/24

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)	5:00-7:30am Lap Swim (5) Water Walking (1)	5:00-7:00am Lap Swim (5) Water Walking (1)	CLOSED	CLOSED
		7:15-8:00 Water X		7:15-8:15am Water X		
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	8:25-10:50am Lap Swim (4) Open Swim (2)	7:00-8:00am Lap Swim (3) Open Swim (3)	7:00-8:00am Lap Swim (5) Water Walking (1)
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)		8:15-9:15am Water X	8:05-10:00am Lap Swim (2) Water Walking (1) Lifeguard Class (3)
10:45-10:55am CLOSED					9:25am-12:20pm Lap Swim (2) Swim Lesson (4)	10:05am-4:45pm Lap Swim (3) Lifeguard Class (3)
11:00-1:00pm Water VolleyBall	11:00-11:45am Lap Swim (1) Water X (4) Swim Lesson (1)	11:00-1:00pm Water VolleyBall	11:00-11:45am Lap Swim (2) Water X	11:00-1:00pm Water VolleyBall		*No Open Swim*
	11:55-3:55pm Lap Swim (3) Open swim (3)		11:55am-4:05pm Lap Swim (3) Open swim (3)		12:25-4:45pm Lap Swim (3) Lifeguard Class (3)	
1:15-5:05pm Lap Swim (3) Open Swim (3)		1:10-4:15pm Lap Swim (2) Open Swim (4)		1:10-5:25pm Lap Swim (3) Open Swim (3)	*No Open Swim*	2:00-4:45pm Lap Swim (3) Open Swim (3)
	4:05-4:55pm Lap Swim (2) SAC Swimming(4)	4:25-6:10pm Lap Swim (2) Swim Lessons (4)	4:15-5:00pm Lap Swim (1) Swim Lessons (4) Lifeguard class (1)			
5:15-8:00pm Lap Swim (1) Swim Team (5)	6:05-8:45pm Lap Swim (3) Open Swim (3)	5:05-7:05pm Swim Lessons (4) Lifeguard Class (2)	5:05-7:05pm Swim Lessons (4) Lifeguard Class (2)	5:30-7:30pm Lap Swim (1) Swim Team (5)	CLOSED	CLOSED
		6:20-7:20pm Lap Swim (1) Swim Lessons (5)	7:15-8:00pm Water X Lifeguard class (Deep end)	7:35-8:00pm Lap swim (3) Swim Team (3)		
8:05-8:45pm Lap Swim (2) Swim Team (4)		7:25-8:45pm Lap Swim (3) Open Swim (3)	8:10-8:45pm Lap Swim (4) Open Swim (2)	8:05-8:45pm Lap Swim (3) Open Swim (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.



NEW HOPE YMCA

LAP POOL SCHEDULE

May 6th-12th, 2024

Updated: 5/4/24

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)	5:00-7:30am Lap Swim (5) Water Walking (1)	5:00-7:00am Lap Swim (5) Water Walking (1)	CLOSED	CLOSED
		7:15-8:00 Water X		7:15-8:15am Water X	7:00-8:00am Lap Swim (3) Open Swim (3)	7:00-10:50am
8:00-9:00am Water X	8:00-9:00am Water X	8:10-10:50am	7:45-8:45am Water X	8:25-10:50am	8:15-9:15am Water X	Lap Swim (5) Water Walking (1)
		Lap Swim (4) Open Swim (2)		Lap Swim (4) Open Swim (2)		
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)	
10:45-10:55am CLOSED						11:00am-2:35pm
11:00-1:00pm Water VolleyBall	11:00-11:45am Lap Swim (2) Water X	11:00-1:00pm Water VolleyBall	11:00-11:45am Lap Swim (2) Water X	11:00-1:00pm Water VolleyBall	12:20-2:55pm Lap Swim (2) Open Swim (4)	Lap Swim (2) Open Swim (4)
	11:55-3:55pm Lap Swim (3) Open swim (3)		11:55am-4:05pm Lap Swim (3) Open swim (3)			
1:15-5:05pm Lap Swim (3) Open Swim (3)		1:10-4:15pm Lap Swim (2) Open Swim (4)		1:10-5:25pm Lap Swim (3) Open Swim (3)	3:05-4:45pm Lap Swim (4) Open Swim (2)	2:45-4:45pm
	4:05-4:55pm Lap Swim (2) SAC Swimming(4)	4:25-6:10pm Lap Swim (2) Swim Lessons (4)	4:15-7:10pm Lap Swim (2) Swim Lessons (4)			Lap Swim (4) Open Swim (2)
	6:05-8:45pm					
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)		5:30-7:30pm Lap Swim (1) Swim Team (5)	CLOSED	CLOSED
		7:25-8:45pm Lap Swim (3) Open Swim (3)	7:15-8:00pm Water X	7:35-8:00pm Lap swim (3) Swim Team (3)		
8:05-8:45pm Lap Swim (2) Swim Team (4)			8:10-8:45pm Lap Swim (4) Open Swim (2)	8:05-8:45pm Lap Swim (3) Open Swim (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.