

January 1-31 Charleston Family YMCA Pool Schedule

Schedule subject to change

Time	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday		Time			
	Open swim area	Lap Swim Area	Open swim area	Lap Swim Area	Open swim area	Lap Swim Area	Open swim area	Lap Swim Area	Open swim area	Lap Swim Area	Open swim area	Lap Swim Area	Open swim area	Lap Swim Area				
5:30															5:30			
6:30															6:30			
7am	Open Swim 5:30-8:30	4 Lanes Open 5:30-8:30am	Open Swim 5:30-8:30	4 Lanes Open 5:30-8:30am	Open Swim 5:30-8:30	4 Lanes Open 5:30-8:30am	Open Swim 5:30-8:30	4 Lanes Open 5:30-8:30	Open Swim 5:30-8:30	4 Lanes Open 5:30-8:30am					7am			
7:30															7:30			
8am															8am			
8:30	Y's Ways		Deep water		Y's Ways		Deep water		Y's Ways		Swim team practice 8:00 am - 11:05 am. 2 Lanes open				8:30			
9am		2 Lanes Open 8:30-10:30am		2 Lanes Open 8:30-10:30am		2 Lanes Open 8:30-10:30am		2 Lanes Open 8:30-10:30am		2 Lanes Open 8:30-10:30am								9am
9:30	Arthritis Class		Y's Ways		Arthritis Class		Y's Ways		Arthritis Class									9:30
10am															10am			
10:30															10:30			
11am															11am			
11:30															11:30			
12pm															12pm			
12:30		Lap Swim 4 Lanes 10:30am-4:00pm		Lap Swim 4 Lanes 10:30-4:00pm		Lap Swim 4 Lanes 10:30am-4:30 pm		Lap Swim 4 Lanes 10:30am-4:00 pm	10:30-4:00 pm Open Swim	Lap Swim 4 Lanes 10:30am-4:00pm					12:30			
1pm	10:30 am - 4:00 PM Open Swim		10:30 am - 4:00 PM Open Swim		10:30 am - 4:00 PM Open Swim		10:30 am - 4:00 PM Open Swim								1pm			
1:30															1:30			
2pm															2pm			
2:30											Open Swim 11:05-5:45 pm	Lap Swim 11:05-5:45 pm	Open Swim 10am-5:45pm	Lap Swim 4 Lanes 10:00am-5:45 pm	2:30			
3pm															3pm			
3:30															3:30			
4pm															4pm			
4:30															4:30			
5pm										Swim team practice 4:00 - 5:10 pm 1 lane open					5pm			
5:30	Swim team practice 4:00-7:30 pm. 1 Lane open		Swim teeam practice 4:00-7:30 pm. 1 lane open		Swim team practice 4:00-7:30 pm. 1 lane open		Swim team practice 4:00-7:30 pm 1 Lane open								5:30			
6pm										High school swim practice 5:30-7:30. 2 lanes open					6pm			
6:30															6:30			
7pm															7pm			
7:30	High school swim practice 7:30-8:30. 2 lanes open		High school swim practice 7:30-8:30. 2 lanes open		High school swim practice 7:30-8:30. 2 lanes open		High school swim practice 7:30-8:30. 2 lanes open		Open swim 7:30-7:45	Lap Swim 7:30-7:45					7:30			
8:00															8pm			
8:30															8:30			
9pm	Open swim 8:30-9:45	Lap Swim 8:30-9:45	Open swim 8:30-9:45	Lap Swim 8:30-9:45	Open swim 8:30-9:45	Lap Swim 8:30-9:45	Open swim 8:30-9:45	Lap Swim 8:30-9:45							9pm			
9:30															9:30			
9:45pm															9:45pm			

100 YMCA Drive. Charleston, WV 25311

www.ymcawv.org

304-340-3527

*1 lap lane open for members

**2 lap lanes open for members

***3 lap lanes open for members

^Lanes 1&6 open for lap swim