

July 2-31 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											*Swim Team 8-10am Rain Day Site				8am	
8:30	Y's Ways		Deep water		Y's Ways		Deep water		Y's Ways							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											Swim Lessons 10-12:00pm				10am	
10:30															10:30	
11am															11am	
11:30															11:30	
12pm															12am	
12:30															12:30	
1pm	10:30 am - 4:00 PM Open Swim	Lap Swim 4 Lanes 10:30am- 4:30pm	10:30 am - 4:00 PM Open Swim	Lap Swim 4 Lanes 10:30- 4:30pm	10:30 am - 4:00 PM Open Swim		10:30 am - 4:00 PM Open Swim	Lap Swim 4 Lanes 10:30am- 4:30pm							1pm	
1:30															1:30	
2pm															2pm	
2:30															2:30	
3pm															3pm	
3:30															3:30	
4pm															4pm	
4:30	Swim Lessons 4-5:30pm		Swim Lessons 4:00- 5:30PM		Swim Lessons 4-5:30pm		Swim Lessons 4-5:30pm		Swim Lessons 4-5:30pm						4:30	
5pm		Spring Tune Up 4:30-6		Spring Tune up 4:30- 6:00pm				Spring Tune up 4:30-6 pm							5pm	
5:30	Water Aerobics 5:30-6:30pm				Water Aerobics 5:30-6:30pm										5:30	
6pm															6pm	
6:30		*Swim Team 6:00-7:30													6:30	
7pm															7pm	
7:30			Lap Swim 5:30pm- 9:45pm												7:30	
8pm	Open Swim 6:30-9:45pm		Open Swim 6-9:45		Open Swim 6:30-9:45pm										8pm	
8:30		Lap Swim 4 Lanes 7:30-9:45pm													8:30	
9pm															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