



Effective 9/3/2018

YMCA of Kingston and Ulster County

POOL SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-8:00	Open/ Lap Swim	Open/Lap Swim	Open/ Lap Swim	Open/Lap Swim	Open/Lap Swim	Open/Lap Swim	Open/Lap Swim Possible Pool Parties at this time. (Will use lanes 5 &6)
8:00-9:00		Water Fitness/ Lap Swim (1 or 2lanes)		Water Fitness/ Lap Swim (1 or 2lanes)	Water Fitness/ Lap Swim (1 or 2lanes)		
9:30-10:15						Lap Swim Only	
10:15-10:30		Water Fitness/ Lap Swim (1 or 2lanes)		Water Fitness/ Lap Swim (1 or 2lanes)	Water Fitness/ Lap Swim (1 or 2lanes)	Water Fitness/ Lap Swim (1 or 2lanes)	
10:30-11:15	Open/ Lap Swim	Open/Lap Swim	Open/ Lap Swim	Open/Lap Swim	Open/ Lap Swim	Open/Lap Swim	Open/Lap Swim
11:15-12:30							
12:30-2:00			Water fitness @530pm				
2:00-3:00pm				Swim Team Practice @6-8pm (NO LAP/OPEN SWIM)	Swim Team Practice @6:30-8pm (NO LAP/OPEN SWIM)	Swim Team Practice @6-8pm (NO LAP/OPEN SWIM)	
3:00-4:00	Swim Team Practice @6-8pm (NO LAP/OPEN SWIM)	Swim Team Practice @6:30-8pm (NO LAP/OPEN SWIM)	Swim Team Practice @6-8pm (NO LAP/OPEN SWIM)				Water Fitness@5:30pm
4:00-6:30				Open/ Lap Swim	Open/ Lap Swim	Open/ Lap Swim	
6:30-8:00	Open/ Lap Swim	Open/ Lap Swim	Open/ Lap Swim				Open/ Lap Swim
8:00-9:00				Open/ Lap Swim	Open/ Lap Swim	Open/ Lap Swim	
	Open/ Lap Swim	Open/ Lap Swim	Open/ Lap Swim				Open/ Lap Swim

* The Y reserves the right to adjust schedule as needed.

** Possible private swim lesson scheduled during open/ lap time.

The Fall session of swim lessons starts 9/10/18 and Hurricanes Swim Team Practice starts 9/17/2018