

FAIRLESS HILLS POOL SCHEDULE

June 16 - August 25

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--|--|---|--|---|---|
| 5:00 AM - 7:55 AM LAP SWIM (L 1-4) | 5:00 AM - 7:55 AM LAP SWIM (L 1-4) | 5:00 AM - 7:00 AM LAP SWIM (L 1-4) | 5:00 AM - 7:55 AM LAP SWIM (L 1-4) | 5:00 AM - 7:00 AM LAP SWIM (L 1-4) | 7:00 AM - 7:55 AM LAP SWIM (L 1-4) | 7:00 AM - 9:00 AM LAP SWIM (L 1-4) |
| 5:00 AM - 7:55 AM AQUA JOGGING (L 5-6) | 5:00 AM - 7:55 AM AQUA JOGGING (L 5-6) | 5:00 AM - 7:55 AM AQUA JOGGING (L 5-6) | 5:00 AM - 7:55 AM AQUA JOGGING (L 5-6) | 5:00 AM - 7:55 AM AQUA JOGGING (L 5-6) | 7:00 AM - 7:55 AM AQUA JOGGING (L 5-6) | 7:00 AM-9:00 AM AQUA JOGGING (L 5-6) |
| 8:00 AM - 8:45 AM AQUA DEEP WATER (L 4-6) | 8:00 AM - 8:45 AM AQUA AEROBICS (L 4-6) | 7:00 AM - 8:00 AM SWIM TEAM (L 1) | 8:00 AM - 8:45 AM AQUA AEROBICS (L 4-6) | 7:00 AM - 8:00 AM SWIM TEAM (L 1) | 8:00 AM - 8:45 AM AQUA ZUMBA (L 3-6) | 9:00 AM - 4:00 PM PRIVATE SWIM LESSONS (L 1) |
| 8:00 AM - 9:00 AM LAP SWIM (L 1-3) | 8:00 AM - 9:00 AM LAP SWIM (L 1-3) | 7:00 AM - 8:00 AM LAP SWIM (L 2-4) | 8:00 AM - 9:00 AM LAP SWIM (L 1-3) | 7:00 AM - 8:00 AM LAP SWIM (L 2-4) | 8:00 AM - 9:00 AM LAP SWIM (L 1-2) | 9:00 AM - 12:00 PM LIFEGUARD TRAINING (L 2-3) |
| 9:00 AM-9:45 AM AQUA AEROBICS (L 3-6) | 9:00 AM-9:45 AM AQUA INTERVAL (L 3-6) | 8:00 AM - 8:45 AM AQUA DEEP WATER (L 4-6) | 9:00 AM-9:45 AM AQUA INTERVAL (L 3-6) | 8:00 AM - 8:45 AM AQUA DEEP WATER (L 4-6) | 9:00 AM - 12:00 PM GROUP/PRIVATE LESSONS (L 3-6) | 9:00 AM - 12:00 PM LAP SWIM (L 4-6) |
| 9:00 AM-10:00 AM LAP SWIM (L 1-2) | 9:00 AM-10:00 AM LAP SWIM (L 1-2) | 8:00 AM - 9:00 AM LAP SWIM (L 1-3) | 9:00 AM-10:00 AM LAP SWIM (L 1-2) | 8:00 AM - 9:00 AM LAP SWIM (L 1-3) | 9:00 AM - 12:00 PM LIFEGUARD TRAINING (L 1-2) | 12:00 PM - 4:00 PM FAMILY SWIM (L 4-6) |
| 10:00 AM - 12:00 PM PRIVATE SWIM LESSONS (L 1) | 10:00 AM - 11:30 AM PRIVATE SWIM LESSONS (L 1) | 9:00 AM-9:45 AM AQUA AEROBICS (L 3-6) | 10:00 AM - 3:45 PM PRIVATE SWIM LESSONS (L 1) | 9:00 AM-9:45 AM AQUA AEROBICS (L 3-6) | 12:00 PM - 2:00 PM PRIVATE SWIM LESSONS (L 1) | 12:00 PM - 4:00 PM LAP SWIM (L 2-3) |
| 10:00 AM - 12:00 PM OPEN SWIM (L 2-6) | 10:00 AM - 11:25 AM OPEN SWIM (L 2-6) | 9:00 AM-10:00 AM LAP SWIM (L 1-2) | 10:00 AM - 12:00 PM OPEN SWIM (L 2-6) | 9:00 AM-10:00 AM LAP SWIM (L 1-2) | 12:00 PM - 2:00 PM LAP SWIM (L 2-6) | 4:00 PM - 4:45 PM LAP SWIM (L 1-6) |
| 12:15 PM - 2:45 PM POOL CLOSED FOR CAMP (ALL LANES) | 11:30 AM - 12:15 PM LAP SWIM (L 1-2) | 10:00 AM - 12:00 PM PRIVATE SWIM LESSONS (L 1) | 12:15 PM - 2:45 PM POOL CLOSED FOR CAMP (ALL LANES) | 10:00 AM - 12:00 PM OPEN SWIM (L 2-6) | 2:00 PM-4:45 PM FAMILY SWIM (L 4-6) | |
| 2:45 PM - 3:45 PM PRIVATE SWIM LESSONS (L 1) | 11:30 AM - 12:15 PM SILVER SNEAKERS SPLASH (L 3-6) | 10:00 AM - 12:00 PM OPEN SWIM (L 2-6) | 2:45 PM - 3:45 PM PRIVATE SWIM LESSONS (L 1) | 12:15 PM - 2:45 PM POOL CLOSED FOR CAMP (ALL LANES) | 3:00 PM-4:45 PM LAP SWIM (L 1-3) | |
| 2:45 PM - 3:45 PM OPEN SWIM (L 2-6) | 12:15 PM - 2:45 PM POOL CLOSED FOR CAMP (ALL LANES) | 12:15 PM - 2:45 PM POOL CLOSED FOR CAMP (ALL LANES) | 2:45 PM - 3:45 PM OPEN SWIM (L 2-6) | 2:45 PM - 6:00 PM PRIVATE SWIM LESSONS (L 1) | | |
| 3:45 PM - 7:15 PM POOL CLOSED FOR PROGAMS (ALL LANES) | 2:45 PM - 3:45 PM PRIVATE SWIM LESSONS (L 1) | 2:45 PM - 3:45 PM PRIVATE SWIM LESSONS (L 1) | 3:45 PM - 7:15 PM POOL CLOSED FOR PROGAMS (ALL LANES) | 2:45 PM - 6:00 PM OPEN SWIM (L 2-6) | L = LANE | AQUA JOGGING = Independent water walking, jogging, or fitness |
| 7:15 PM - 7:45 PM SWIM TEAM/PRIVATE LESSONS (L 1-2) | 2:45 PM - 3:45 PM OPEN SWIM (L 2-6) | 2:45 PM - 3:45 PM OPEN SWIM (L 2-6) | 7:15 PM - 7:45 PM SWIM TEAM/PRIVATE LESSONS (L 1-2) | 6:00 PM - 7:45 PM LIFEGUARD TRAINING (L 1-2) | LAP SWIM = Generally reserved for swimmers over the age of 12 who are using the lane productively. | OPEN SWIM = Lanes are available for all types of swimmers including lap swimmers, aqua jogging, and families. During open swim, please share lanes with swimmers doing similar activities. |
| 7:15 PM - 7:45 PM LAP SWIM (L 3-6) | 3:45 PM - 7:15 PM POOL CLOSED FOR PROGAMS (ALL LANES) | 3:45 PM - 7:15 PM POOL CLOSED FOR PROGAMS (L 2-6) | 7:15 PM - 7:45 PM LAP SWIM (L 3-6) | 6:00 PM - 7:45 PM LAP SWIM (L 3-4) | | |
| 7:45 PM-8:45 PM OPEN SWIM (ALL LANES) | 7:15 PM - 7:45 PM SWIM TEAM/PRIVATE LESSONS (L 1-2) | 7:15 PM - 7:45 PM LAP SWIM (ALL LANES) | 7:45 PM-8:45 PM OPEN SWIM (ALL LANES) | 6:00 PM - 7:45 PM FAMILY SWIM (L 5-6) | FAMILY SWIM: Lap lanes are open and available for all types of swimmers. | Pool schedule available online at www.ymcabhc.org |
| | 7:15 PM - 7:45 PM LAP SWIM (L 3-6) | 7:45 PM - 8:45 PM LIFEGUARD TRAINING (L 1-2) | IMPORTANT NOTE: While we try to adhere to this schedule, it may change due to unexpected circumstances. If programs are not running, such as swim team or private lessons, those lanes will be available for lap swim. | | | |
| | 7:45 PM-8:45 PM OPEN SWIM (ALL LANES) | 7:45 PM-8:45 PM OPEN SWIM (L 3-6) | | | | |