



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Effective September 7, 2024

JOHN P. THAYER YMCA

POOL SCHEDULE

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1:30 PM -
3:30 PM

LAP &
FAMILY
SWIM

6:00AM -
7:30PM

LAP
SWIM

5:00 PM -
7:30PM

SWIM
LESSONS
LANES 3 & 4

6:00AM -
9:30AM
LAP SWIM

9:30AM -
11:15AM
AQUAFIT
ONLY

11:15 AM -
7:30 PM
LAP SWIM

5:00 PM -
7:30PM

SWIM
LESSONS
LANES 3 & 4

6:00AM -
7:30PM

LAP
SWIM

9:00AM -
10:30AM
FIT FRIENDS
LANE 1

5:00 PM -
7:30PM

SWIM
LESSONS
LANES 3 & 4

6:00AM -
9:30AM
LAP SWIM

9:30AM -
11:15AM
AQUAFIT
ONLY

11:15 AM -
7:30 PM
LAP SWIM

5:00 PM -
7:30PM

SWIM
LESSONS
LANES 3 & 4

6:00AM -
7:30PM

LAP
SWIM

5:00 PM -
7:30PM

SWIM
LESSONS
LANES 3 & 4

9:00AM -
9:30AM
LAP SWIM

9:30AM -
11:15AM
AQUAFIT
ONLY

11:15 AM -
3:00 PM
LAP SWIM

JOHN P. THAYER YMCA

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LIFEGUARDS RESERVE THE RIGHT TO ASK ALL SWIMMERS TO SHARE LANES.

LIFEGUARDS RESERVE THE RIGHT TO ASK ANY MEMBER OR NON-MEMBER TO LEAVE THE
POOL AREA IF RULES ARE NOT BEING FOLLOWED