



NR YMCA Lap Pool Schedule Spring 2023

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:00 AM	Lap Swim	Lap Swim		Lap Swim		Closed	Closed	
6:00 AM		Lap Swim	Master's Swim	Lap Swim	Lap Swim			Master's Swim
7:00 AM	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Closed	
	Water Aerobics		Open Swim		Water Aerobics			Open Swim
8:00 AM	Lap Swim		Lap Swim		Lap Swim		Open Swim	
		Boot Camp		Boot Camp				
9:00 AM	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Open Swim	
								Hydro Fit
10:00 AM	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Open Swim	
11:00 AM								Open Swim
12:00 PM	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lessons	
1:00 PM							Open Swim	Open Swim
2:00 PM	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Open Swim Rental Availability 12p-6p	
								Open Swim
3:00 PM	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Open Swim Rental Availability 1p-6p	
4:00 PM								Open Swim
5:00 PM	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Open Swim Rental Availability 1p-6p	
6:00 PM								Open Swim
7:00 PM	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Open Swim Rental Availability 1p-6p	
								Swim Club 6p-7p
8:00 PM	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Open Swim Rental Availability 1p-6p	
								Open Swim
Pools Close 30 min prior to the facility closing Mon-Fri							Closed	Closed

Three Lap lanes will be available for members throughout the day.

This schedule is a generic schedule and subject to change with the addition of rentals.

In the event of inclement weather in the area, the pool will close for 30 minutes past the last sight or sound of lightening and thunder.

