

NAZARETH POOL SCHEDULE

Sept 9-Sept 15

Monday		
Time	Program	Lanes
6 AM-4 PM	Lap Swim	L 3-6
6 AM-11 AM	PWW	L 1-2
11 AM-1 PM	Family Swim	L 1-2
1-3 PM	PWW	L 1-2
3-6 PM	Family Swim	L 1-2
4-6 PM	Lap Swim	L 4-6
4-8 PM	Private Lessons	L 3
4-8 PM	Open Swim	L 1-2
6-8 PM	Stroke & Turn	L 4-6

Wednesday		
Time	Program	Lanes
6 AM-4 PM	Lap Swim	L 3-6
6 AM-11 AM	PWW	L 1-2
11 AM-1 PM	Family Swim	L 1-2
1-3 PM	PWW	L 1-2
3-5 PM	Family Swim	L 1-2
4-6 PM	Lap Swim	L 4-6
4-6 PM	Private Lessons	L 3
5-8 PM	Swim Lessons	L 1-2
6-8 PM	Lap Swim	L 3
6-8 PM	Stroke & Turn	L 4-6

Friday		
Time	Program	Lanes
6 AM-4 PM	Lap Swim	L 3-6
6 AM-11 AM	PWW	L 1-2
11 AM-1 PM	Family Swim	L 1-2
1-3 PM	PWW	L 1-2
3-6 PM	Family Swim	L 1-2
4-6 PM	Lap Swim	L 4-6
4-8 PM	Private Lessons	L 3
4-8 PM	Open Swim	L 1-2
6-8 PM	Stroke & Turn	L 4-6

Sunday		
Time	Program	Lanes
9 AM-2:30 PM	Lap Swim	L 4-6
9 AM-2:30 PM	Private Lessons	L 3
9 AM-12 PM	PWW	L 1-2
12-1 PM	Birthday Party	L 1-2
1-2:30 PM	Family Swim	L 1-2

Tuesday		
Time	Program	Lanes
6 AM-4 PM	Lap Swim	L 3-6
6 AM-11 AM	PWW	L 1-2
11 AM-1 PM	Family Swim	L 1-2
1-3 PM	PWW	L 1-2
3-5 PM	Family Swim	L 1-2
4-6 PM	Lap Swim	L 4-6
4-8 PM	Private Lessons	L 3
5-6 PM	Swim Lessons	L 1-2
6-7:40 PM	Closed for Programs	All Lanes
7:40-8 PM	Open Swim	L 1-2
7:40-8 PM	Stroke & Turn	L 4-6

Thursday		
Time	Program	Lanes
6 AM-4 PM	Lap Swim	L 3-6
6 AM-11 AM	PWW	L 1-2
11 AM-1 PM	Family Swim	L 1-2
1-3 PM	PWW	L 1-2
3-6 PM	Family Swim	L 1-2
4-6 PM	Lap Swim	L 4-6
4-8 PM	Private Lessons	L 3
4-8 PM	Open Swim	L 1-2
6-8 PM	Stroke & Turn	L 4-6

Saturday		
Time	Program	Lanes
8 AM-3 PM	Lap Swim	L 4-6
8 AM- 3 PM	Private Lessons	L 3
8-10:30 AM	Swim Lessons	L 1-3
10:30 AM-12 PM	Family Swim	L 1-2
12-2 PM	Birthday Party	L 1-2
2-3 PM	Family Swim	L 1-2

Key	
Lap Swim:	Generally reserved for children 12+ using the lane productively
Personal Water Workout (PWW):	Independent water walking, jogging, or aqua fitness
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.
Family Swim:	Lap lanes are removed aside from safety lines. Open space is available for swimmers of all ages to swim recreationally.

Children 12 and younger must participate in a swimming skills assessment and will be provided a colored wristband based on their swimming ability. Once tested, each time a child comes into the Y for open or family swim they will need to acquire their color-appropriate wristband from the Welcome Center when checking in. For additional information, please review our [Test, Mark, Protect Parent Guidelines](#).

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.

Pool schedules for River Crossing YMCA branches are available online at www.ymcabhc.org