

# NAZARETH POOL SCHEDULE

# MARCH

Monday		
Time	Program	Lanes
6-9 AM	Lap Swim	L 3-6
6-9AM	PWW	L 1-2
9-10 AM	Silver Splash	L 1-2
9 AM-4 PM	Lap Swim	L 4-6
9-10 AM	Silver Splash	L 1-3
10:45 AM-1 PM	Family Swim	L 1-2
1-3 PM	PWW	L 1-2
3-5 PM	Lap Swim	L 3-6
3-5 PM	Family Swim	L 1-2
5-7 PM	Lap Swim	L 2
5-7 PM	PWW	L 1
5-7 PM	Swim Team	L 3-6
7-8:30 PM	Closed for Programs	All Lanes

Tuesday		
Time	Program	Lanes
6 -9 AM	Lap Swim	L 3-6
6 -9 AM	PWW	L 1-2
9-10 AM	Aqua Tone & Stretch	L 1-3
9-10 AM	Lap Swim	L 4-6
10 AM-5 PM	Lap Swim	L 3-6
10 AM-1 PM	Family Swim	L 1-2
1-3 PM	PWW	L 1-2
3-5 PM	Family Swim	L 1-2
5-7 PM	Swim Lessons	L 1-2
5-7 PM	Lap Swim	L 3
5-7 PM	Swim Team	L 4-6
7-8:30 PM	Closed for Programs	All Lanes

Wednesday		
Time	Program	Lanes
6-9 AM	Lap Swim	L 3-6
6-9 AM	PWW	L 1-2
9-10:45 AM	Lap Swim	L 4-6
9-10 AM	Silver Splash	L 1-3
10:45 AM-5 PM	Lap Swim	L 3-6
10 AM-1 PM	Family Swim	L 1-2
1-5 PM	PWW	L 1-2
5-7 PM	Swim Lessons	L 1-2
5-7 PM	Lap Swim	L 3
5-7 PM	Swim Team	L 4-6
7-8:30 PM	Closed for Programs	All Lanes

Thursday		
Time	Program	Lanes
6-9 AM	Lap Swim	L 3-6
6-9 AM	PWW	L 1-2
9-10 AM	Lap Swim	L 4-6
9-10 AM	Aqua Tone & Stretch	L 1-3
10 AM-5 PM	Lap Swim	L 4-6
10 AM-1 PM	Family Swim	L 1-2
1-3 PM	PWW	L 1-2
3-5 PM	Family Swim	L 1-2
5-7 PM	Lap Swim	L 2
5-7 PM	PWW	L 1
5-7 PM	Swim Team	L 3-6
7-8:30 PM	Closed for Programs	All Lanes

Friday		
Time	Program	Lanes
6 AM- 9 AM	Lap Swim	L 3-6
6 AM-11 AM	PWW	L 1-2
9-10 AM	Lap Swim	L 4-6
9-10AM	Aqua Surge	L 1-3
10 AM-5 PM	Lap Swim	L 4-6
9:45 AM-1 PM	Family Swim	L 1-2
1-3 PM	PWW	L 1-2
3-5 PM	Family Swim	L 1-2
5-7 PM	Lap Swim	L 2
5-7 PM	PWW	L 1
5-7 PM	Swim Team	L 3-6
7-8:30 PM	Closed for Programs	All Lanes

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

Sunday		
Time	Program	Lanes
9 AM-2:30 PM	Lap Swim	L 4-6
9 AM-2:30 PM	Private Lessons	L 3
9-9:40 AM	PWW	L 1-2
9:40 AM-12 PM	Swim Lessons	L 1-2
12-1 PM	Birthday Party	L 1-2
1-2:30 PM	Family Swim	L 1-2

Key	
<b>Lap Swim:</b>	Generally reserved for swimmers 12+ using the lane productively
<b>Personal Water Workout (PWW):</b>	Independent water walking, jogging, or aqua fitness
<b>OPEN SWIM:</b>	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.
<b>Family Swim:</b>	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](http://www.ymcabhc.org)