

# QUAKERTOWN LAP POOL SCHEDULE

# MARCH

Monday		
Time	Program	Lanes
5-8:55 AM	Lap Swim	L 1-5
5-8:55 AM	PWW	L 6
9-9:20 AM	Lap Swim	L 1-4
9-9:20 AM	PWW	L 5-6
9:30-10:15 AM	Lap Swim	L 1
9:30-10:15 AM	Aqua Deep Water Challenge	L 2-6
10:30-10:45 AM	Lap Swim	L 1-3
10:30-10:45 AM	PWW	L 4-6
10:45 AM-4 PM	Lap Swim	L 2-5
10:45 AM-4 PM	Private Lessons	L 1
10:45 AM-4 PM	PWW	L 6
4-5 PM	Lap Swim	L 4-6
4-5 PM	Palisades Swim	L 1-3
5-8 PM	Closed for Programs	All Lanes
8:00-8:30 PM	Lap Swim	L 1-3
7:40-8:30 PM	Masters Swim	L 4-6

Thursday		
Time	Program	Lanes
5-8:55 AM	Lap Swim	L 1-5
5-8:55 AM	PWW	L 6
9-10 AM	Lap Swim	L 1
9-9:45 AM	Power Waves	L 2-6
10-10:30 AM	Lap Swim	L 1-3
10-10:30 AM	PWW	L 4-6
10:30 AM-5 PM	Lap Swim	L 2-5
10:30 AM-5 PM	Private Lessons	L 1
10:45 AM-5 PM	PWW	L 6
5-8:30 PM	Closed for Programs	All Lanes
7:40-8:30 PM	Masters Swim	All Lanes

Tuesday		
Time	Program	Lanes
5-8:55 AM	Lap Swim	L 1-5
5-8:55 AM	PWW	L 6
9-11 AM	Lap Swim	L 1
9-9:45 AM	Power Waves	L 2-6
10-10:45 AM	Aqua Basics	L 2-6
11 AM-5 PM	Lap Swim	L 2-5
11 AM-5 PM	Private Lessons	L 1
11 AM-5 PM	PWW	L 6
5-8 PM	Closed for Programs	All Lanes
8-8:30 PM	Lap Swim	L 1-5
8-8:30 PM	PWW	L 6

Friday		
Time	Program	Lanes
5-8:55 AM	Lap Swim	L 1-5
5-8:55 AM	PWW	L 6
9:00-9:45 AM	Lap Swim	L 1
9:00-9:45 AM	Aqua Zumba	L 2-6
10-10:45 AM	Lap Swim	L 1-3
10-10:45 AM	PWW	L 4-6
10:45 AM-3 PM	Lap Swim	L 2-5
10:45 AM-3 PM	Private Lessons	L 1
10:45 AM-3 PM	PWW	L 6
5-7:30 PM	Private Lessons	L 1
5-7:30 PM	Lap Swim	L 2-3
5-7:30 PM	Swim Team	L 4-6
7:30-8:30 PM	Lap Swim	L 1-5
7:30-8:30 PM	PWW	L 6

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.

Wednesday		
Time	Program	Lanes
5-8:55 AM	Lap Swim	L 1-5
5-8:55 AM	PWW	L 6
9-11 AM	Lap Swim	L 1
9-9:45 AM	Aqua Deep	L 2-6
10-10:45 AM	Aqua Barre	L 2-6
11 AM-5 PM	Lap Swim	L 2-5
11 AM-5 PM	Private Lessons	L 1
11 AM-5 PM	PWW	L 6
5-7:30 PM	Closed for Programs	All Lanes
7:30-8:30 PM	Lap Swim	L 3-5
7:30-8:30 PM	Private Lessons	L 1-2
7:30-8:30 PM	PWW	L 6

Saturday		
Time	Program	Lanes
7-8:55 AM	Lap Swim	L 1-2
7-8:55 AM	Swim Team	L 3-6
9 AM-1:30 PM	Lap Swim	L 5
9 AM-1:30 PM	PWW	L 6
9 AM-1:30 PM	Swim Lessons	L 1-4
1:30-4:30 PM	Lap Swim	L 1-4
1:30-4:30 PM	Family Swim	L 5-6
4:30-5:30 PM	Lap Swim	L 1-5
4:30-5:30 PM	PWW	L 6

Sunday		
Time	Program	Lanes
7-7:55 AM	Lap Swim	L 1-4
7-7:55 AM	PWW	L 5-6
8-9 AM	Lap Swim	L 1-4
8-8:50 AM	Aqua Zumba	L 5-6
9 AM-2 PM	Lap Swim	L 2-5
9 AM-1:30 PM	PWW	L 6
9 AM-2 PM	Private Lessons	L 1
2-4:30 PM	Lap Swim	L 1-4
1:30-4:30 PM	Family Swim	L 5-6
4:30-5:30 PM	Lap Swim	L 1-5
4:30-5:30 PM	PWW	L 6

**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.

**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](#).

Pool schedules for River Crossing YMCA branches are available online at [www.ymcabhc.org](http://www.ymcabhc.org)