



Oneonta Family YMCA Large Pool Schedule

Lanes 1/4 reserved
Lane 2/3 shared

Lanes 1-4 reservation
only

Lanes 1-4 shared lap

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4 Lap Swim 6:00-6:45	4 Lap Swim 6:00-6:45	4 Lap Swim 6:00-6:45	4 Lap Swim 6:00-6:45	4 Lap Swim 6:00-6:45	
Deep Aquafit 7:00-7:45 Lane 3/4 Lap Swim 6:45-7:30	4 Lap Swim 6:45-7:30	Deep Aquafit 7:00-7:45 Lane 3/4 Lap Swim 6:45-7:30	4 Lap Swim 6:45-7:30	Deep Aquafit 7:00-7:45 Lane 3/4 Lap Swim 6:45-7:30	
Lane 3/4 Lap Swim 730-8:15 7:45-8:15 Lane 1/2 Shared Stretching	4 Lap Swim 730-8:15	Lane 3/4 Lap Swim 730-8:15 7:45-8:15 Lane 1/2 Shared Stretching	4 Lap Swim 730-8:15	Lane 3/4 Lap Swim 730-8:15 7:45-8:15 Lane 1/2 Shared Stretching	Lap Swim 7:45-8:30
4 Lap Swim 8:15-9:00	Lap Swim 8:15-9:00	4 Lap Swim 8:15-9:00	Lap Swim 8:15-9:00	4 Lap Swim 8:15-9:00	Lap Swim 8:30-9:15
4 Lap Swim 9:00-9:45	4 Lap Swim 9:00-9:45	4 Lap Swim 9:00-9:45	4 Lap Swim 9:00-9:45	4 Lap Swim 9:00-9:45	Family Swim/ 2 Lap Swim 9:15-11:30
Aqua Aerobics 10:00-10:45 Participants Only	Aqua Arthritis 10:00-10:45 Participants Only	4 Lap Swim 10:00-10:45	Aqua Arthritis 10:00-10:45 Participants Only	Aqua Aerobics 10:00-10:45 Participants Only	
3 Lap Swim 10:45-11:30 Lane 1 shared stretching	3 Lap Swim 10:45-11:30	4 Lap Swim 10:45-11:30	3 Lap Swim 10:45-11:30 Lane 1 shared stretching	3 Lap Swim 10:45-11:30	
Lap Swim 11:30-12:15 Lane 1 shared stretching	Lap Swim 11:30-12:15	Lap Swim 11:30-12:15	Lap Swim 11:30-12:15 Lane 1 shared stretching	Lap Swim 11:30-12:15	Pool Closes at 11:30
Lap Swim 12:15-1:00	Lap Swim 12:15-1:00	Lap Swim 12:15-1:00	Lap Swim 12:15-1:00	Lap Swim 12:15-1:00	
Lap Swim 1:00-1:45	Lap Swim 1:00-1:45	Lap Swim 1:00-1:45	Lap Swim 1:00-1:45	Lap Swim 1:00-1:45	
Facility Closed 2:00-4:00					
Family Swim/ 2 Lap Swim 4:15-6:45	Aquafit 4:30-5:15 Participants Only	Family Swim/2 Lap Swim 4:15-6:45	Family Swim/ 2 Lap Swim 4:30-6:45	Pool Closed	
	Lap Swim 5:15-6:45				



Oneonta Family YMCA Small Pool Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Family Swim 5:00-6:45 pm	Pool Closed	Family Swim 5:00-6:45 pm	Pool Closed		Family Swim 9:00-11:30