

Oneonta Family YMCA Large Pool Schedule



Lanes 1/4 reserved
Lanes 2/3 shared

Lanes 1-4 reservation only

Lanes 1-4 shared lap swim

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