

LAP POOL SCHEDULE

East Area Family YMCA
EFFECTIVE JANUARY 6, 2019

	Monday						Tuesday						Wednesday						Thursday						Friday						Saturday						Sunday											
	6	5	4	3	2	1	6	5	4	3	2	1	6	5	4	3	2	1	6	5	4	3	2	1	6	5	4	3	2	1	6	5	4	3	2	1	6	5	4	3	2	1	6	5	4	3	2	1
5:30 AM						Aqua					Aqua					Aqua						Aqua																										
6:00 AM			Lap			Aqua			Lap		Aqua			Lap		Aqua			Lap		Aqua			Lap		Aqua																						
6:30 AM			Swim			Exerc			Swim		Exerc			Swim		Exerc			Swim		Exerc			Swim		Exerc																						
7:00 AM			Swim						Swim					Swim					Swim					Swim																								
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Schedules are subject to change per school breaks and programming. Please see head guard with questions.

YSL = Youth Swim Lessons ASL = Adult Swim Lessons