



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# POOL SCHEDULE\*

## YMCA OF SOUTHERN WEST VIRGINIA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5am - 10am Adult Open Lap Swim	5am - 10am Adult Open Lap Swim	5am - 10am Adult Open Lap Swim	5am - 10am Adult Open Lap Swim	5am - 10am Adult Open Lap Swim	8am-6:45pm Open Swim Lap Swim	1pm - 4:45pm Open Swim Lap Swim
630am-730am WVU Tech-3 Lap Swim Adult Open Swim	630am-730am WVU Tech-3 Lap Swim Adult Open Swim	630am-730am WVU Tech-3 Lap Swim Adult Open Swim	630am-730am WVU Tech-3 Lap Swim Adult Open Swim	630am-730am WVU Tech-3 Lap Swim Adult Open Swim	9am-11am WVU Tech-3 Lap Swim Open Swim	
9am - 10am Water Aerobics	7:30am - 8:30am Senior Friends	9am - 10am Water Aerobics	7:30am - 8:30am Senior Friends	9am - 10am Water Aerobics		
10am - 3pm Open Swim Lap Swim	9am - 10am Senior Friends	10am - 12pm YMCA Pre-School	9am - 10am Senior Friends	10am - 3pm Open Swim Lap Swim		
3pm - 6pm Swim Team Laps/Open	10am-3pm Open Swim Lap Swim	10am - 3pm Open Swim Lap Swim	10 am-3pm Open Swim Lap Swim	3pm-6pm Open Swim Lap Swim		
6pm-745pm Family Swim Lap Swim	3pm-615pm Swim Team Swim Lessons Laps/Open <b>No Youth Open Swim</b> 5pm-630pm	3pm-6pm Swim Team Laps/Open	3pm - 615pm Swim Team Swim Lessons Laps/Open <b>No Youth Open Swim</b> 5pm-630pm	6pm-745pm Family Swim Lap Swim		
7pm-9pm WVU Tech-3 Laps/Open-3	6pm-745pm Family Swim Lap Swim	6pm-745pm Family Swim Lap Swim	6pm-745pm Family Swim Lap Swim	7pm-9pm WVU Tech-3 Laps/Open-3		
9pm-945pm Laps/Open	7pm-9pm WVU Tech-3 Laps/Open-3	7pm-9pm WVU Tech-3 Laps/Open-3	7pm-9pm WVU Tech-3 Laps/Open-3	9pm-945pm Laps/Open		
	9pm-945pm Laps/Open	9pm-945pm Laps/Open	9pm-945pm Laps/Open			

**Revised: September 28, 2017**