



**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
9am - 10am Water Aerobics	7am-9am WVU Tech 1 Lane	7:45am-9:45am WVU Tech 1 Lane	7:30am - 8:30am Senior Friends	9am - 10am Water Aerobics	9:15am-11:15am WVU Tech 3 Lanes	
10am - 6pm Open Swim Lap Swim	7:30am - 8:30am Senior Friends	9am - 10am Water Aerobics	8am-10am WVU Tech 1 Lane	10am-6pm Open Swim Lap Swim		
6pm-9:45pm Family Swim Lap Swim	9am - 10am Senior Friends	10am-6pm Open Swim Lap Swim	9am - 10am Senior Friends	6pm-9:45pm Family Swim Lap Swim		
6:30pm-8:30pm WVU Tech 3 Lanes	10am - 5pm Open Swim Lap Swim	6pm-9:45pm Open Swim Lap Swim	10am-5pm Open Swim Lap Swim	6:30pm-8:30pm WVU Tech 3 Lanes		
	5pm - 6:15pm Swim Lessons Open Swim Lap Swim No Youth Open Swim 5pm-6:30pm	6:30pm-8:30pm WVU Tech 3 Lanes	11:30am-1:30pm WVU Tech 1 Lane			
	6:30pm-8:30pm WVU Tech 3 Lanes		5pm-6:15pm Swim Lessons Open Swim Lap Swim No Youth Open Swim 5pm-6:30pm			
	6:30pm-9:45pm Family Swim Lap Swim		6:30pm-9:45pm Family Swim Lap Swim			
			6:30pm-8:30pm WVU Tech 3 Lanes			

Revised: September 27, 2018