



**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	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 Summer Camp	10am - 3pm Open Swim Lap Swim Summer Camp	10 am-3pm Open Swim Lap Swim	3pm-6pm Open Swim Lap Swim		
6pm-8pm WVU Tech Swim Practice	3pm-6:15pm Swim Team Swim Lessons Laps No Open Swim 5pm-6:30pm	3pm-6pm Swim Team Laps/Open	3pm - 6:15pm Swim Team Swim Lessons Laps No Open Swim 5pm-6:30pm	6pm-8pm WVU Tech Swim Practice		
8pm-9:45pm Family Swim Lap Swim	6pm-8pm WVU Tech Swim Practice	6pm-8pm WVU Tech Swim Practice	6pm-8pm WVU Tech Swim Practice	8pm-9:45pm Family Swim Lap Swim		
	8pm-9:45pm Family Swim Lap Swim	8pm-9:45pm Family Swim Lap Swim	8pm-9:45pm Family Swim Lap Swim			