

POOL SCHEDULE

Glens Falls Family YMCA

Fall Session: September 2nd - October 26th

Featuring: 10 hours of Adult Swim, 68 hours of Lap Swim & 28 hours of Recreational Swim

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am	Lap Swim	Swim Team & Lap Swim	Lap Swim	Swim Team & Lap Swim	Lap Swim	OPENS @ 6am	OPENS @ 8am
5:30am							
6:00am	Lim. Lap & Fitness class	Lap Swim	Fitness class & Lap Swim	Lap Swim	Fitness class & Lap Swim	Swim Team Only *	
6:30am							
7:00am	Adult Swim	Adult Swim & Aqua Jog Class	Adult Swim	Adult Swim & Aqua Jog Class	Adult Swim	Lap Swim	
7:30am							
8:00am	Water Workout Only *	Water Workout Only *	Water Workout Only *	Water Workout Only *	Water Workout & Lim. Lap	Swim Team	
8:30am							
9:00am	Water Workout & Limited Lap Swim	Swim Programs & Limited Lap Swim	Water Workout & Limited Lap Swim	Swim Programs & Limited Lap Swim	Swim Programs & Lap Swim	Programs & Lap Swim	Adult Swim
9:30am							
10:00am	Swim Programs & Limited Lap	Swim Program & Lap Swim	Swim Programs & Limited Lap	Swim Program & Lap Swim	Adult Swim	Swim Lessons Only *	
10:30am							
11:00am	Home School lessons & Lap Swim	Adult Swim	Adult Swim	Adult Swim	Adult Swim	Swim Programs & Lap Swim	Swim Programs & Rec. Swim & Lap Swim
11:30am							
12:00pm	* Rec. & Lap Swim	Swim Programs & Rec. & Lap Swim	* Rec. & Lap Swim	Swim Programs & Rec. & Lap Swim	Senior Aquafit Only *	Programs & Lap Swim	
12:30pm							
1:00pm	Swim Programs, Rec. & 2 Lap lanes	Swim Programs & Lap Swim	Swim Programs & Rec. & 2 Lap lanes	Swim Programs & Lap Swim	Rec. Swim & Senior Swim & Lap Swim	Swim Programs & Rec. Swim & Lap Swim	
1:30pm							
2:00pm	Swim Programs & *Limited Lap Swim (2 lanes)	Swim Programs & *Limited Lap	Swim Programs & *Limited Lap Swim (2 lanes)	Swim Programs & *Limited Lap	REC.* & Lap Swim*	Swim Programs & Rec. Swim & Lap Swim	
2:30pm							
3:00pm	Age Group 1 & H2O Workout	Swim Team Only *	Swim Team Only *	Age Group 1 & H2O Workout	Swim Team Only *	Swim Programs & Rec. Swim & Lap Swim	
3:30pm							
4:00pm	Swim Team Only *	Swim Team Only *	Swim Team Only *	Swim Team Only *	Swim Team Only *	Swim Programs & Rec. Swim & Lap Swim	
4:30pm							
5:00pm	Rec. Swim & Lap Swim	Rec. Swim & Lap Swim	Rec. Swim & Lap Swim	Rec. Swim & Lap Swim	Rec. Swim & Lap Swim	Swim Programs & Rec. Swim & Lap Swim	
5:30pm							
6:00pm	Rec. Swim & Lap Swim	Rec. Swim & Lap Swim	Rec. Swim & Lap Swim	Rec. Swim & Lap Swim	Rec. Swim & Lap Swim	Swim Team Only *	
6:30pm							
7:00pm	Rec. Swim & Lap Swim	Rec. Swim & Lap Swim	Rec. Swim & Lap Swim	Rec. Swim & Lap Swim	Rec. Swim & Lap Swim	Swim Team Only *	
7:30pm							
8:00pm	Rec. Swim & Lap Swim	Rec. Swim & Lap Swim	Rec. Swim & Lap Swim	Rec. Swim & Lap Swim	Rec. Swim & Lap Swim	7:30-9:30pm	
8:30pm							
9:00pm	Rec. Swim & Lap Swim	Rec. Swim & Lap Swim	Rec. Swim & Lap Swim	Rec. Swim & Lap Swim	Rec. Swim & Lap Swim	Teen Nite	
9:30pm							
10:00pm							

Pool Closed

Closed for class or program*

* if participation is low, a lane may come available, please check with lifeguard

Schedule is subject to change without notice.