

# Concord Family YMCA ~ Pool Schedule Sep 5– Oct 21, 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>5-7:30am</b> 4 lanes LAPS  <b>7:30—8:25 am</b> 2 Lanes Masters 2 lanes Laps	<b>5-8:25am</b> 4 lanes LAPS	<b>5-7:30am</b> 4 lanes LAPS  <b>7:30—8:25 am</b> 2 Lanes Masters 2 lanes Laps	<b>5-8:25am</b> 4 lanes LAPS	<b>5-8:25am</b> 4 lanes LAPS	<b>7- 8:25 am</b> 4 lanes Tri / Masters swim	Closed
<b>8:30-9:15am</b> 4 lanes H2O AEROBICS	<b>8:30-9:15am</b> 4 lanes Deep End - H2O AEROBICS  8:30-9:00am Shallow End - ADULT EXERCISE	<b>8:30-9:15am</b> 4 lanes H2O AEROBICS	<b>8:30-9:15am</b> 4 lanes Deep End - H2O AEROBICS  8:30-9:00am Shallow End - ADULT EXERCISE	<b>8:30-9:15am</b> 4 lanes H2O AEROBICS	<b>8:30-9:15am</b> 4 lanes H2O Aerobics	Closed
<b>9:15 - 11 am</b> 2 lanes PROGRAMS  <b>9:15 - 11 am</b> 1 lane LAPS 1 lane FAMILY SWIM  <b>11-11:45am</b> 4 lanes PROGRAMS	<b>9:15 - 11 am</b> 2 lanes PROGRAMS  <b>9:15- 11 am</b> 1 lane LAPS 1 lane FAMILY SWIM  <b>11-11:45 am</b> 4 lanes PROGRAMS	<b>9:15 - 11 am</b> 2 lanes PROGRAMS  <b>9:15 - 11 am</b> 1 lane LAPS 1 lane FAMILY SWIM  <b>11-11:45am</b> 4 lanes PROGRAMS	<b>9:15 - 11 am</b> 2 lanes PROGRAMS  <b>9:15 - 11 am</b> 1 lane LAPS 1 lane FAMILY SWIM  <b>11-11:45 am</b> 4 lanes PROGRAMS	<b>9:15 - 11 am</b> 2 lanes PROGRAMS  <b>9:15 - 11 am</b> 1 lane LAPS 1 lane FAMILY SWIM  <b>11-11:45am</b> 4 lanes PROGRAMS	<b>9:20 -12:15 pm</b> 4 lanes PROGRAMS	<b>9-10pm</b> 2 lanes LAPS  <b>9-10 am</b> 2 lanes Special Olympics  <b>10-12am</b> 4 lanes LAPS
<b>11:45-2 pm</b> 4 lanes LAPS	<b>11:45-2pm</b> 4 lanes LAPS	<b>11:45-2pm</b> 4 lanes LAPS	<b>11:45-2pm</b> 4 lanes LAPS	<b>11:45-2pm</b> 4 lanes LAPS	<b>12:15—2pm</b> 4 lanes LAPS	<b>12-2pm</b> 4 lanes LAPS
<b>2—3pm</b> 2 lanes LAPS  2 lanes ADULT EXERCISE	<b>2—3 pm</b> 2 lanes LAPS  2 lanes ADULT EXERCISE	<b>2—3 pm</b> 2 lanes LAPS  2 lanes ADULT EXERCISE	<b>2—3 pm</b> 2 lanes LAPS  2 lanes ADULT EXERCISE	<b>2—3 pm</b> 2 lanes LAPS  2 lanes ADULT EXERCISE	<b>2-3pm</b> 4 lanes FAMILY SWIM	<b>2-3pm</b> 4 lanes FAMILY Swim
<b>3-4 pm</b> 2 lanes CDC AFTER K.  <b>3 - 5 pm</b> 2 Lanes PROGRAMS  4 - 5 pm 2 Lanes SWIM TEAM	<b>3-4 pm</b> 2 Lanes FAMILY SWIM  <b>3-5pm</b> 2 Lanes PROGRAMS  4 - 5 pm 2 Lanes SWIM TEAM	<b>3- 4 pm</b> 2 Lanes KYDSTOP  <b>3 - 5 pm</b> 2 Lanes PROGRAMS  4 - 5 pm 2 Lanes SWIM TEAM	<b>3-4 pm</b> 2 Lanes FAMILY SWIM  <b>3-5pm</b> 2 Lanes PROGRAMS  4 - 5 pm 2 Lanes SWIM TEAM	<b>3-5 pm</b> KYDSTOP 2 lanes  <b>3-5pm</b> 2 Lanes FAMILY SWIM	<b>3-4:30pm</b> 4 lanes FAMILY SWIM	<b>3-4:30pm</b> 4 lanes FAMILY SWIM
<b>5—5:40 pm</b> 2 lane PROGRAMS  2 Lanes LAPS	<b>5—6 pm</b> 2 Lanes PROGRAMS  2 Lanes LAPS	<b>5—5:40 pm</b> 2 lane PROGRAMS  2 Lanes LAPS	<b>5—6 pm</b> 2 Lanes PROGRAMS  2 Lanes LAPS	<b>5—6:00 pm</b> 2 Lanes FAMILY SWIM  2 Lanes Swim Team	<b>4:30-5:30 pm</b> 2 lanes Birthday Parties  2 lanes family swim	<b>4:30-5:30pm</b> 2 lanes Birthday Parties  2 lanes family swim
<b>5:40-7:10 pm</b> 4 Lanes SWIM TEAM	<b>6-7pm</b> 2 lanes LAPS  2 Lanes SWIM TEAM	<b>5:40-7:10 pm</b> 4 Lanes SWIM TEAM	<b>6-7pm</b> 2 lanes LAPS  2 Lanes SWIM TEAM	<b>6-7:30pm</b> 2 lanes FAMILY SWIM  2 Lanes SWIM TEAM	Closed	Closed
<b>7:15-8pm</b> 4 lanes H2O AEROBICS  <b>8:05 - 8:30pm</b> 4 lanes—Laps	<b>7-8:30pm</b> 4 Lanes SWIM TEAM	<b>7:15-8pm</b> 4 lanes H2O AEROBICS  <b>8:05 - 8:30pm</b> 4 lanes - LAPS	<b>7-8:30pm</b> 4 Lanes SWIM TEAM	<b>7:30-8:30 pm</b> 2 Lanes FAMILY SWIM  <b>7:30-8:30 pm</b> 2 lanes TRI Swim	<b>PLEASE NOTE:</b> Schedule is subject to change without notice due to enrollment and events. <b>**WHEN LANES ARE NOT IN USE by</b> <b>Swim Team they are open for members</b> <b>make up swim classes</b> <b>W/ family swim 3:50-5:40pm</b> <ul style="list-style-type: none"> <li>• <b>Friday September 7th.</b></li> <li>• <b>Friday October 12th.</b></li> <li>• <b>Friday November 2nd</b></li> <li>• <b>Friday November 16th</b></li> </ul> (Revised JB 7.10.18)	
<b>8:30 - 9:30 pm</b> 4 lanes LAPS	<b>8:30 - 9:30 pm</b> 4 lanes LAPS	<b>8:30 - 9:30 pm</b> 4 lanes LAPS	<b>8:30 - 9:30 pm</b> 4 lanes LAPS	<b>8:30 - 9:30 pm</b> 4 lanes LAPS		