



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LAP POOL

MONDAY

Lap Swim

8 lanes open
5:15-4:30pm

Swim Team

2 Lanes open
4:30-6:30pm

TUESDAY

Lap Swim

8 lanes open
5:15-7:30am

Water Exercise

5 lanes open
7:45am-8:45am

Lap Swim

8 lanes open
8:30-4:30pm

Swim Team

2 Lanes open
4:30-6:30pm

WEDNESDAY

Lap Swim

8 lanes open
5:15-4:30pm

Swim Team

2 Lanes open
4:30-6:30pm

THURSDAY

Lap Swim

8 lanes open
5:15-7:30am

Water Exercise

5 lanes open
7:45am-8:45am

Lap Swim

8 lanes open
8:30-4:30pm

Swim Team

2 Lanes open
4:30-6:30pm

FRIDAY

Lap Swim

8 lanes open
5:15-7:30pm

Water Exercise

5 lanes open
7:45am-8:45am

Swim Team

2 Lanes open
4:30-6:30pm

SATURDAY

Lap Swim

8 lanes open
7:15-8am

Swim Team

2 Lanes open
8-1pm

8 Lanes open
1-4pm

SUNDAY

Lap Swim

8 lanes open
7:15-4pm

Cool down or warm up in our pools!



DIVE POOL

MONDAY

Water Exercise
8-9am

Swim Lessons
9am-11pm

Camp FV Swim*
11am-1pm

Open Swim
4-6:30pm

TUESDAY

Open Swim
9-10am

Water Exercise
10am-11am
11am-12pm

Open Swim
12-1pm

Camp FV Swim*
1-4pm

Swim Lessons
4-7pm

WEDNESDAY

Water Exercise
8-9am

Swim Lessons
9-11am

Camp FV Swim*
11am-1pm

Open Swim
4-6:30pm

THURSDAY

Open Swim
9-10am

Water Exercise
10am-11am
11am-12pm

Open Swim
12-1pm

Camp FV Swim*
1-4pm

Swim Lessons
4-7pm

FRIDAY

Swim Lessons
9-11am

Open Swim
11am-1pm

Open Swim
4-5pm

Swim Lessons
5-7pm

SATURDAY

Open Swim
7:15-9am

Swim Lessons
9-12:30pm

Open Swim
12:30-4pm

SUNDAY

Open Swim
7:15-4pm

ALL RESTRICTIONS HAVE BEEN LIFTED IN THE DIVE POOL

*Camp FV Swim Time- there may be limited space.



For more information contact your Welcome Center

Register online GHYMCA.org • Register in person at the branch • Register by phone 860-653-5524
Financial Assistance is available.