



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LAP POOL

MONDAY

Lap Swim
8 lanes
5:15-4:30pm

Swim Team
2 Lanes open
4:30-6:30pm

TUESDAY

Lap Swim
8 lanes
5:15-7:30am

Water Exercise
5 lanes open
7:30am-8:30am

Lap Swim
8 lanes open
8:30-4:30pm

Swim Team
2 Lanes open
4:30-6:30pm

WEDNESDAY

Lap Swim
8 lanes
5:15-4:30pm

Swim Team
2 Lanes open
4:30-6:30pm

THURSDAY

Lap Swim
8 lanes
5:15-7:30am

Water Exercise
5 lanes open
7:30am-8:30am

Lap Swim
8 lanes open
8:30-4:30pm

Swim Team
2 Lanes open
4:30-6:30pm

FRIDAY

Lap Swim
8 lanes
5:15-4:30pm

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
1-3:45pm

SUNDAY

Lap Swim
8 lanes open
7:15-3:45pm



DIVE POOL

MONDAY

Water Exercise
8am-9am

Swim Lessons
9am-10:am

Open Swim
10am-1pm

Open Swim
4pm-6:45pm

TUESDAY

Open Swim
9-10am

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

Open Swim
12pm-1pm

Open swim
4pm-5pm

Swim Lessons
4pm-6:45pm

WEDNESDAY

Water Exercise
8-9am

Open Swim
9am-1pm

Swim Lesson
4-6:45pm

THURSDAY

Open Swim
9-10am

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

Open Swim
12-1pm

Open Swim
4-6:30pm

FRIDAY

Swim Lessons
9-11am

Open Swim
11am-1pm

Open Swim
4-5pm

Swim Lessons
5-6:45pm

SATURDAY

Open Swim
7:15-9am

Swim Lessons
9-12:30pm

Open Swim
12:30-3:45pm

SUNDAY

Open Swim
7:15-3:45pm



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.