



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
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SWIMMING FURTHER FASTER

Pool Schedule

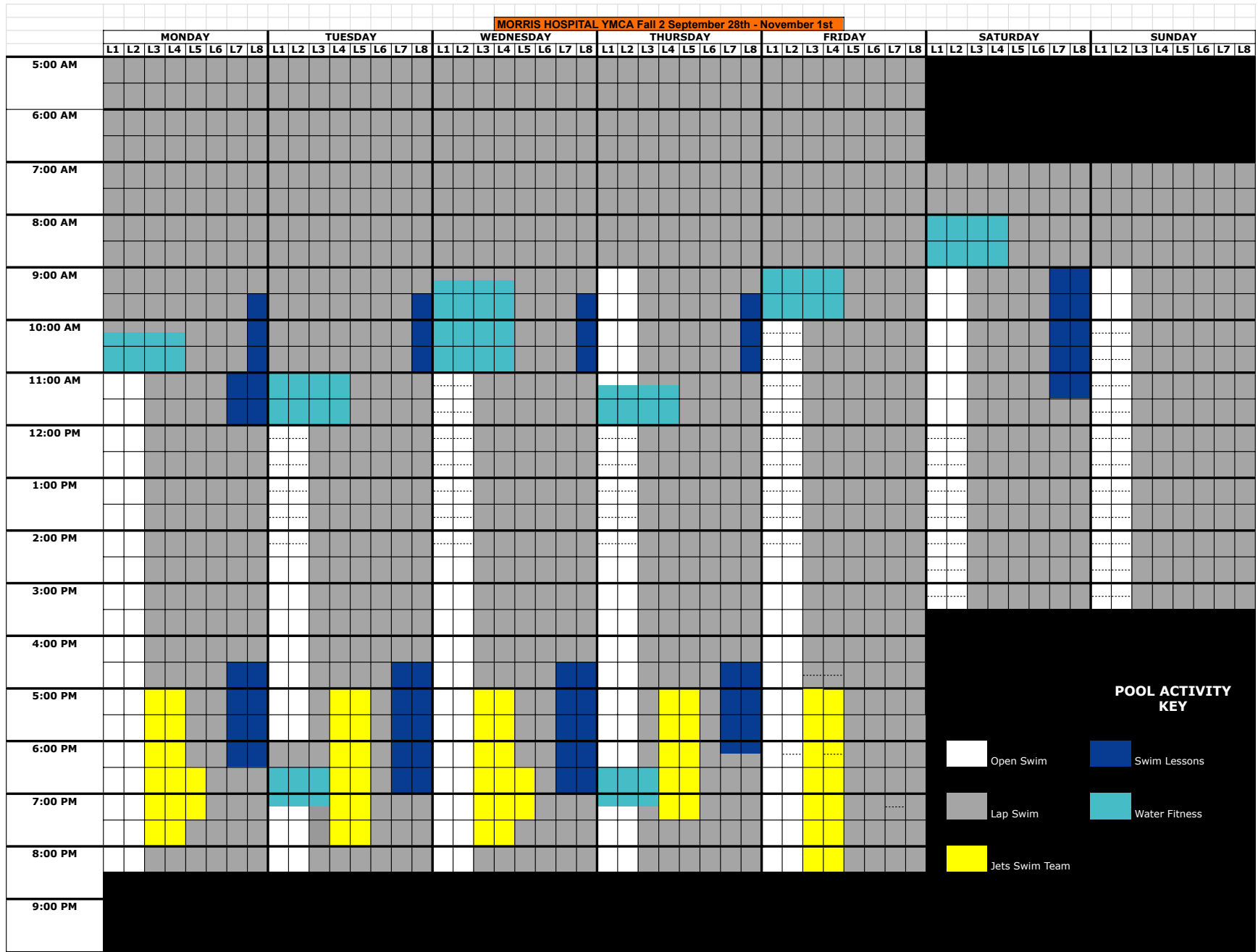
September 28, 2026 - November 1, 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LAP SWIM	5 am - 8:30 pm	5 am - 8:30 pm	5 am - 8:30 pm	5 am - 8:30 pm	5 am - 8:30 pm.	7 am - 3:30 pm	7 am - 3:30 pm
OPEN SWIM	11 am - 8:30 pm	12 pm - 6 pm 7:15 pm - 8:30 pm	11 am - 8:30 pm	9 am - 11:15 am 12 pm - 8:30 pm	10 am - 8:30 pm	9 am - 3:30 pm	9 am - 3:30 pm
GROUP SWIM LESSONS	9:15 am - 12 pm 4:30 pm - 6:30 pm	4:30 pm - 6:30 pm	4:30 pm - 6:30 pm	9:15 am - 11 am 4:30 pm - 6:30 pm		9:15 am - 11:30 am	
WATER FITNESS	10:15 am - 11 am	6:30pm - 7:15pm	9:15 am - 10 am 10:15 am - 11 am	11:15 am - 12 pm 6:30pm - 7:15pm	9:05 am - 9:50 am	8:05 am - 8:50 am	
DEEP WATER EXERCISE		11:05 - 11:50 am					
JETS	5 pm - 8 pm	5 pm - 7:30 pm	5 pm - 8 pm	5 pm - 7:30 pm	5 pm - 8:30 pm		

MORRIS HOSPITAL YMCA

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Please note: Lap swimmers will need to share lanes. Schedule is subject to change due to special events, and at lifeguard discretion.