



**Henson Family YMCA Indoor Pool Schedule
Summer Revised 6/15/18**

Sunday	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
12:00 - 1:00pm	Lap Swim					
1:00 - 3:30pm	Swim Team		Lap Swim		Open Swim	
3:30 - 4:30pm	Swim Team		*Flow Motion			

Monday	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
5:30 - 7:00am	Lap Swim					
7:00 - 8:50am	Lap Swim					
9:00 - 10:00am	Water Exercise = Aerobics/Aquasize					
10:00 - 12:00pm	Lap Swim			Open Swim		
12:00 - 2:00pm	Lap Swim			Open Swim		
2:00 - 3:00pm	Senior Swim					
3:00 - 4:00pm	Lap Swim		Open Swim/Lessons			
4:00 - 5:30pm	Lap Swim		Open Swim/Lessons			
5:30 - 7:15pm	Swim Team		Lap Swim	Lessons		
7:15 - 9:00pm	WaterFit 7:15-8:15		Lap Swim	Open Swim/Lessons		

Tuesday	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
5:30 - 7:00am	Lap Swim					
7:00 - 8:50am	Lap Swim					
9:00 - 10:00am	Water Exercise = AquaStretching/PowerHour					
10:00 - 11:00am	Water Exercise = AquaBlast			Open Swim		
11:00 - 2:00pm	Lap Swim			Open Swim		
2:00 - 3:00pm	Senior Swim					
3:00 - 4:30pm	Lap Swim		Open Swim/Lessons			
4:30 - 5:30pm	Swim Team		Lap Swim	Lessons		
6:30 - 8:00pm	Lap Swim		Lap Swim	Lessons		
8:00 - 9:00pm	Water Ex=AquaFlow	Lap Swim	Lessons	Open Swim		

*** All lanes for Water Ex out 10 minutes prior to class start.
***SCHEDULE SUBJECT TO CHANGE!**

Wednesday	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
5:30 - 7:00am	Lap Swim					
7:00 - 8:50am	Lap Swim					
9:00 - 10:00am	Water Exercise = Aerobics/Aquasize					
10:00-11:00am	Lap Swim			AquaZumba		
11:00 - 2:00pm	Lap Swim			Open Swim		
2:00 - 3:00pm	Senior Swim					
3:00 - 4:30pm	Open Swim		Lap Swim	Open Swim/Lessons		
4:30 - 5:30pm	Swim Team		Lap Swim	Lessons		
5:30 - 6:30pm	Swim Team		Lap Swim	Lessons		
6:30 - 7:30pm	Swim Team		Lap Swim	Lessons		
7:30 - 9:00pm	Lap Swim			Open Swim		

Thursday	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
5:30 - 7:00am	Lap Swim					
7:00 - 8:00am	Lap Swim					
8:00 - 9:00am	Lap Swim	Water Exercise = AquaBlast				
9:00 - 10:00am	Water Exercise = AquaStretching/PowerHour					
10:00 - 12:00pm	Lap Swim			Open Swim		
12:00 - 2:00pm	Lap Swim			Open Swim		
2:00 - 3:00pm	Senior Swim					
3:00 - 3:30pm	Lap Swim					
3:30 - 5:30pm	Lap Swim			Lessons		
5:30 - 6:30pm	Lap Swim			Lessons		
6:30 - 8:00pm	Lap Swim			Lessons		
8:00 - 9:00pm	Lap Swim			Open Swim		

Friday	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
5:30 - 7:00am	Lap Swim					
7:00 - 8:50am	Lap Swim					
9:00 - 10:00am	Water Exercise = WaterFit/PowerHour					
10:00 - 11:00am	Water Exercise = AquaBlast			Open Swim		
11:00 - 2:00pm	Lap Swim			Open Swim		
2:00 - 3:00pm	Senior Swim					
3:00 - 4:30pm	Lap Swim		Open Swim			
4:30 - 6:30pm	Swim Team		Lap Swim	Open Swim		
6:30 - 7:30pm	Lap Swim			Open Swim		

Saturday	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
7:00 - 9:30am	Lap Swim					
9:30 - 1:00	Lap Swim			Lessons		
1:00 - 4:30pm	Lap Swim			Open Swim		

