



MORNING HOURS

YMCA of SARATOGA POOL SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time		
						 <p>We build strong kids, strong families, strong communities.</p>				
5:00 AM	6 lap lanes	6 lap lanes	6 lap lanes	6 lap lanes	6 lap lanes					
6:00 AM	6 lap lanes 2 fit lanes	6 lap lanes 2 fit lanes	6 lap lanes 2 fit lanes	6 lap lanes 2 fit lanes	6 lap lanes 2 fit lanes				5 lap lanes	5 lap lanes
7:00 AM	6 lap lanes 2 fit lanes	6 lap lanes 2 fit lanes	6 lap lanes 2 fit lanes	6 lap lanes 2 fit lanes	6 lap lanes 2 fit lanes	6 lap lanes 2 fit lanes	4 lap lanes 1 fit lane 3 adult class	7:00 AM		
8:00 AM	6 lap lanes 2 fit lanes	3 laps lanes 2 fit lane 3 PT	5 lap lanes 2 fit lanes 1 AA	3 laps lanes 2 fit lane 3 PT	5 lap lanes 2 fit lanes 1 AA	6 lap lanes 2 fit lanes	4 lap lanes 1 fit lane 3 adult class	8:00 AM		
8:30 AM	6 lap lanes 2 fit lanes	3 laps lanes 2 fit lane 3 PT	5 lap lanes 2 fit lanes 1 AA	3 laps lanes 2 fit lane 3 PT	5 lap lanes 2 fit lanes 1 AA	2 lap lanes 6 swim lesson	4 lap lanes 1 fit lane 3 adult class	8:30 AM		
9:00 AM	6 lap lanes 2 fit lanes	4 lap lanes 1 fit lane 3 swim lessons	5 lap lanes 1 fit lane 2 swim lessons	4 lap lanes 1 fit lane 3 swim lessons	3 lap lanes 1 fit lane 4 swim lessons	4 lap lanes 2 fit lanes 2 swim lesson	4 lap lanes 1 fit lane 3 adult class	9:00 AM		
9:30 AM	3 lap lanes 1 fit lane 4 swim lessons	4 lap lanes 1 fit lane 3 swim lessons	5 lap lanes 1 fit lane 2 swim lessons	4 lap lanes 1 fit lane 3 swim lessons	4 lap lanes 1 fit lane 3 swim lessons	2 lap lanes 6 swim lesson	4 lap lanes 1 fit lane 3 adult class	9:30 AM		
10:00 AM	2 lap lanes 2 swim lessons 4 SS shallow	3 laps / 1 fit 4 swim lessons	3 laps / 1 fit 4 SS shallow	3 laps / 1 fit 4 swim lessons	2 lap lanes 2 swim lessons 4 SS shallow	2 lap lanes 6 swim lesson	4 lap lanes 1 fit lane 3 adult class	10:00 AM		
10:30 AM	2 lap lanes 2 swim lessons 4 SS/AJ	3 laps / 1 fit 4 swim lessons	3 laps / 1 fit 4 SS shallow AJ deep	3 laps / 1 fit 4 swim lessons	2 lap lanes 2 swim lessons 4 SS/AJ	2 lap lanes 6 swim lesson	4 lap lanes 1 fit lane 3 adult class	10:30 AM		
11:00 AM	2 lap lanes 2 swim lessons 4 SS/AJ	3 laps / 1 fit 4 swim lessons	3 laps / 1 fit 4 SS shallow AJ deep	3 laps / 1 fit 2 swim lessons 2 open swim	2 lap lanes 2 swim lessons 4 SS/AJ	2 lap lanes 6 swim lesson	4 lap lanes 1 fit lane 3 adult class	11:00 AM		
11:30 AM	3 laps / 1 fit 4 SS shallow	3 laps / 1 fit 2 swim lessons 2 camp 7/6-7/29	2 lap lanes 4 SS shallow 2 camp 7/6-7/29	3 laps / 1 fit 2 fit lanes 2 camp 7/6-7/29	3 laps / 1 fit 4 SS shallow	2 lap lanes 6 swim lesson	4 lap lanes 1 fit lane 3 adult class	11:30 AM		
12 NOON	4 lap lanes 1 fit lane 3 open swim	4 lap lanes/1 fit 1 kid's club 2 open swim	4 lap lanes 1 fit lane 3 open swim	4 lap lanes/1 fit 1 kid's club 2 open swim	4 lap lanes 1 fit lane 3 open swim	4 lap lane 4 family open	4 lap lane 4 family open	12 NOON		
12:30 PM	3 lap lanes/1 fit 2 camp 2 open swim	4 lap lanes 1 fit lane 3 open swim	4 lap lanes 1 fit lane 3 open swim	4 lap lanes 1 fit lane 3 open swim	4 lap lanes 1 fit lane 3 open swim	4 lap lane 4 family open	4 lap lane 4 family open	12:30 PM		

AFTERNOON/EVENING HOURS

YMCA of SARATOGA POOL SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
1:30 PM	3 laps / 1 fit 2 camp 2 open swim	4 lap lanes 1 fit lane 3 open swim	4 lap lanes 1 fit lane 3 open swim	4 lap lanes 1 fit lane 3 open swim	4 lap lanes 1 fit lane 3 open swim	4 lap lane 4 family open	4 lap lane 4 family open	1:30 PM
2:00 PM	3 laps / 1 fit 2 camp(1:45) 2 open swim	4 lap lanes 1 fit lane 3 open swim	3 laps / 1 fit 2 camp(1:45) 2 open swim	4 lap lanes 1 fit lane 3 open swim	3 laps / 1 fit 2 camp(1:45) 2 open swim	3 lap lanes 2 birthday 3 open swim	3 lap lanes 2 birthday 3 open swim	2:00 PM
2:30 PM	4 lap lanes 1 fit lane 3 open swim	4 lap lanes 1 fit lane 3 open swim	4 lap lanes 1 fit lane 3 open swim	4 lap lanes 1 fit lane 3 open swim	4 lap lanes 1 fit lane 3 open swim	3 lap lanes 2 birthday 3 open swim	3 lap lanes 2 birthday 3 open swim	2:30 PM
3:00 PM	4 lap lanes 1 fit lane 3 open swim	4 lap lanes 1 fit lane 3 open swim	4 lap lanes 1 fit lane 3 open swim	4 lap lanes 1 fit lane 3 open swim	4 lap lanes 1 fit lane 3 open swim	3 lap lanes 2 birthday 3 open swim	3 lap lanes 2 birthday 3 open swim	3:00 PM
4:00 PM	4 lap lanes 1 fit lane 3 open swim	4 lap lanes 1 fit lane 3 open swim	4 lap lanes 1 fit lane 3 open swim	4 lap lanes 1 fit lane 3 open swim	4 lap lanes 1 fit lane 3 open swim	3 lap lanes 2 birthday 3 open swim	3 lap lanes 2 birthday 3 open swim	4:00 PM
4:30 PM	4 lap lanes 1 fit lane 3 open swim	4 lap lanes 1 fit lane 3 open swim	4 lap lanes 1 fit lane 3 open swim	4 lap lanes 1 fit lane 3 open swim	4 lap lanes 1 fit lane 3 open swim	3 lap lanes 2 birthday 3 open swim	3 lap lanes 2 birthday 3 open swim	4:30 PM
5:00 PM	3 lap lanes 3 open swim 2 AA shallow	4 lap lanes 1 fit lane 3 open swim	4 lap lanes 1 fit lane 3 open swim	3 lap lanes 3 open swim 2 AA shallow	4 lap lanes 1 fit lane 3 open swim	3 lap lanes 2 birthday 3 open swim	3 lap lanes 2 birthday 3 open swim	5:00 PM
6:00 PM	2 lap lanes 5 swim team 1 open swim	4 lap lanes 1 fit lane 3 open swim	2 lap lanes 5 swim team 1 open swim	2 lap lanes 5 swim team 1 open swim	3 lap lanes 4 swim lessons 1 open swim	YMCA closes at 6 pm	YMCA closes at 6 pm	6:00 PM
7:00 PM	2 lap lanes 5 swim team 1 open swim	4 lap lanes 4 Adult Swim	2 lap lanes 5 swim team 1 open swim	2 lap lanes 5 swim team 1 open swim	3 lap lanes 4 swim lessons 1 open swim			7:00 PM
8:00 PM	2 lap lanes 5 swim team 1 open swim	6 lap lanes 2 fit/open swim	2 lap lanes 5 swim team 1 open swim	5 lap lanes 1 fit lane 2 open swim	4 lap lanes 4 family open (at 7:30 pm)			
8:30 PM	6 lap lanes 2 fit/open swim	6 lap lanes 2 fit/open swim	6 lap lanes 2 fit/open swim	6 lap lanes 2 fit/open swim	6 lap lanes 2 fit/open swim			
8:45 PM	SCUBA		SCUBA					
9:00 PM	SCUBA	6 lap lanes 2 fit/open swim	SCUBA	6 lap lanes 2 fit/open swim	6 lap lanes 2 fit/open swim	 We build strong kids, strong families, strong communities.		
Mon - Fri 10 pm pool closes		AA Aqua Aerobic; AJ Aqua Jog; SS Silver Splash; PT Physical Therapy						