

LAP POOL

Effective March 20, 2023

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
6:00 AM		6:00-11:50	6:00-10:50	6:00-3:50	6:00-10:50	6:00-3:50		
7:00 AM		Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
8:00 AM								8:00-12:00
9:00 AM							Lap Swim	
10:00 AM								
11:00 AM				11:00 Aquacise		11:00 Aquacise		
12:00 PM			12:00 Aquacise	12:00-3:25		12:00-3:50		
1:00 PM			1:00-3:25	Lap Swim		Lap Swim		
2:00 PM			Lap Swim					
3:00 PM			3:25-3:50 2 Lanes Lap	3:25-3:50 2 Lanes Lap				
4:00 PM			Swim Lessons 4:00-5:15					
5:00 PM			5:30-6:30	5:30-6:30	5:15- 6:30 2 Lanes Lap	5:30-6:30	5:15-7:00	
6:00 PM			Lap Swim	Masters	5:30-6:15 Aquacise	Masters	2 Lap/2 Open	
7:00 PM			6:30-8 NSSC	6:30-8 NSSC	6:30-8 NSSC	6:30-8 NSSC		

Signup is required for Masters and Aquacise

Circle swimming will be enforced if more than 2 swimmers are swimming per lane

1 Length = 25 yards

72 Lengths = 1 mile

Adult Warm Water Pool

Effective March 20, 2023

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM		6:00 - 8:50	6:00 - 8:50	6:00 - 8:50	6:00 - 8:50	6:00 - 8:50	
7:00 AM		Adult Open	Adult Open	Adult Open	Adult Open	Adult Open	
8:00 AM							8:00-12:00
9:00 AM		Swim Lessons	AJH	Swim Lessons	AJH	Swim Lessons	Adult Open
10:00 AM		9:00 - 11:15	9:00 - 12:00	9:00 - 11:15	9:00 - 12:00	9:00 - 11:15	
11:00 AM		11:15-12:00 Adult Open		11:15-12:00 Adult Open		11:30-12:15 Gen. Move	
12:00 PM		12:15 AFAP	12:15 Encore	12:15 AFAP	12:15 - 3:15	12:15 Aqua Yoga	
1:00 PM		1:00 Aqua Yoga	12:45-3:15	1:00-3:15		Adult Open	1:00-3:15
2:00 PM		2:15-3:15 Adult Open	Adult Open	Adult Open			Adult Open
3:00 PM		Swim Lessons 3:20-5:00					
4:00 PM							
5:00 PM		5:05-6:00 Adult Open	5:00-6:10 AJH	5:05-6:10 Adult Open	5:05-6:00 Adult Open	5:05-7:00	
6:00 PM		6:00 - 7:00	6:15-7:00	6:15-7:00	6:00 - 7:00	Adult Open	
7:00 PM		Encore	Adult Open	AquaStretch	Encore		

Warm Water Pool is for 18 years and over

There is No Lap Swimming in the Warm Water Pool

Signup is required for Aqua Stretch, Aqua Yoga and AFAP

ywca greater newburyport 13 market street newburyport, ma 01950 978-465-9922 www.ywcanewburyport.org

