

Lap Pool

Winter Pool Schedule Effective December 2, 2024

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
6:00 AM		6:00-11:50	6:00-10:50	6:00-3:45	6:00-10:50	6:00-1:50		
7:00 AM		Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
8:00 AM				9:30 -10:30 3 Lanes				8:00-12:00
9:00 AM								Lap Swim
10:00 AM								
11:00 AM								
12:00 PM		12:00 Aquacise	12:00-3:45		12:00-3:45	1:50-2:45 2 Lanes Lap		
1:00 PM		1:00-1:30 3 Lanes	Lap Swim		Lap Swim	2:00 Aquacise 2 Lanes	12:00-12:50	
2:00 PM		1:30-3:45 4 Lanes				2:45-3:45 Lap Swim	Open Swim	
3:00 PM		Swim Lessons 3:45 to 5:00						
4:00 PM								
5:00 PM		5:05-5:55	5:05-5:55	5:05-5:55 2 Lanes Lap	5:05-5:55	5:05-5:55		
5:30 PM		Lap Swim	Masters	5:15 to 5:55 Aquacise	Masters	Lap Swim		
6:00 PM		Open Swim				Open Swim		
7:00 PM	6:00-7:30	6:00-7:30	6:00-7:30	6:00-7:30	6:00-8:00			
8:00 PM	NSSC	NSSC	NSSC	NSSC	TRITON			
	Triton	Triton	Triton	Triton				

1 Length = 25 yards

72 Lengths = 1 mile

Adult Warm Water Pool

Winter Pool Schedule Effective December 2, 2024

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								8:00-12:50
9:00 AM		9:00-11:00	9:00-12:00	9:00-11:00	9:00-11:00	9:00-11:00	9:00-11:15	Adult Open
10:00 AM		Swim Lessons	AJH	Swim Lessons	Swim Lessons	Swim Lessons		
11:00 AM		11:15-12:00 AFAP		11:00-12:00 Adult Open	11:00-12:00 Adult Open	11:30-12:15 Gen. Move		
12:00 PM		12:05-12:55 Adult Open	12:15 Encore	12:15 AFAP	12:15 AFAP (5 wk pd)	12:15 Aqua Yoga		
1:00 PM		1:00 Aqua Yoga	12:45-3:15	1:00-3:15	1:00-3:45	1:00-3:45		
2:00 PM		2:05-3:15 Adult Open	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 Swim Lessons	5:05-6:00 Adult Open	5:05-7:00		
6:00 PM		6:05-7:00	6:15-7:00	6:15-7:00	6:05-7:00	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

