



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LAP POOL SCHEDULE

HAMPTON FAMILY YMCA

January 2012

The numbers in () below indicate how many lanes will be in use during each event. The Pool Schedule is subject to change.

HOUR	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 a.m. - 7:00 a.m.	(8) Lap Lanes	(8) Lap Lanes	(8) Lap Lanes	(8) Lap Lanes	(8) Lap Lanes		
7:00 a.m. - 8:00 a.m.	(8) Lap Lanes	(8) Lap Lanes	(8) Lap Lanes	(8) Lap Lanes	(8) Lap Lanes	POOL OPENS AT 7:00 A.M.	
8:00 a.m. - 9:00 a.m.	(4) Lap Lanes (4) Shallow Water Aerobics	(8) Lap Lanes	(4) Lap Lanes (4) Shallow Water Aerobics	(8) Lap Lanes	(4) Lap Lanes (4) Shallow Water Aerobics	(4) Lap Lanes (4) SEVA	
9:00 a.m. - 10:00 a.m.	(4) Lap Lanes (4) Shallow Water Aerobics	(3) Lap Lanes (4) Deep Water Aerobics (1) Swim Lessons	(4) Lap Lanes (4) Shallow Water Aerobics	(4) Lap Lanes (4) Deep Water Aerobics	(4) Lap Lanes (4) Shallow Water Aerobics	(2) Lap Lanes (4) SEVA (2) Lessons	
10:00 a.m. - 11:00 a.m.	(4) Lap Lanes (4) Arthritis Class	(3) Lap Lanes (4) Water Pilates (1) Swim Lessons	(4) Lap Lanes (4) Arthritis Class	(4) Lap Lanes (4) Water Pilates	(4) Lap Lanes (4) Arthritis Class	(2) Lap Lanes (4) SEVA (2) Lessons	
11:00 a.m. - 12:00 p.m.	(4) Lap Lanes (4) Open Swim	(4) Lap Lanes (4) Aqua Zumba	(4) Lap Lanes (4) Open Swim	(4) Lap Lanes (4) Aqua Zumba	(4) Lap Lanes (4) Open Swim	(4) Lap Lanes (4) Open Swim	
12:00 p.m. - 1:00 p.m.	(4) Lap Lanes (4) Open Swim	(4) Lap Lanes (4) Open Swim	(4) Lap Lanes (4) Open Swim	(4) Lap Lanes (4) Open Swim	(4) Lap Lanes (4) Open Swim	(4) Lap Lanes (4) Open Swim	POOL OPENS AT 1:00 P.M.
1:00 p.m. - 2:00 p.m.	(4) Lap Lanes (4) Open Swim	(4) Lap Lanes (4) Open Swim	(4) Lap Lanes (4) Open Swim	(4) Lap Lanes (4) Open Swim	(4) Lap Lanes (4) Open Swim	(4) Lap Lanes (4) Open Swim	(4) Lap Lanes (4) Open Swim
2:00 p.m. - 3:00 p.m.	(4) Lap Lanes (4) Open Swim	(4) Lap Lanes (4) Open Swim	(4) Lap Lanes (4) Open Swim	(4) Lap Lanes (4) Open Swim	Pool Closed for Scheduled Cleaning	(4) Lap Lanes (4) Open Swim	(4) Lap Lanes (4) Open Swim
3:00 p.m. - 4:00 p.m.	(2) Lap Lanes (1) Open Swim (5) KHS Swim Team (3:30-5:30) KHS begins on November 7	(2) Lap Lanes (1) Open Swim (5) KHS Swim Team (3:30-5:30)	(2) Lap Lanes (1) Open Swim (5) KHS Swim Team (3:30-5:30)	(2) Lap Lanes (1) Open Swim (5) KHS Swim Team (3:30-5:30)	(2) Lap Lanes (1) Open Swim (5) KHS Swim Team (3:30-5:30)	(4) Lap Lanes (4) Open Swim POOL CLOSES AT 4:30 P.M.	(4) Lap Lanes (4) Open Swim POOL CLOSES AT 4:30 P.M.
4:00 p.m. - 5:00 p.m.	(5) KHS Swim Team (3:30-5:30) (1) Lap Lanes (2) Swim Lessons	(5) KHS Swim Team (3:30-5:30) (2) Lap Lanes (1) Swim Lessons	(5) KHS Swim Team (3:30-5:30) (2) Lap Lanes (2) Swim Lessons	(5) KHS Swim Team (3:30-5:30) (2) Lap Lanes (1) Swim Lessons	(5) KHS Swim Team (3:30-5:30) (1) Lap Lanes (1) Open Swim		
5:00 p.m. - 6:00 p.m.	(3) Snappers Swim Team (5:30-8PM) (3) Shallow Water Aerobics (5:45-6:45) Open Swim (Deep End only 5:30) (2) Lap Lanes (Starting at 5:30)	(2) Swim Lessons (2) Lap Lanes (4) SEVA Swim Team (5:30 - 7:45)	(3) Snappers Swim Team (5:30-8PM) (3) Shallow Water Aerobics (5:45-6:45) Open Swim (Deep End only 5:30) (2) Lap Lanes (Starting at 5:30)	(2) Swim Lessons (2) Lap Lanes (4) SEVA Swim Team (5:30 - 7:45)	(5) Lap Lanes (3) Shallow Water Aerobics 5:45 PM-6:45 PM Open Swim (deep end 5:45-6:45)		
6:00 p.m. - 7:00 p.m.	(4) AquaZumba/Open Swim Deep End (1) Lap Lanes (3) Snappers Swim Team (5:30-8PM)	(3) Swim Lessons (1) Lap Lanes (4) SEVA Swim Team (5:30 - 7:45)	(2) Lap Lanes (3) Shallow Water Aerobics (5:45-6:45) Open Swim (Deep End only 5:30) (3) Snappers Swim Team (5:30-8PM)	(2) Lap Lanes (2) Swim Lessons (4) SEVA Swim Team (5:30 - 7:45)	(5) Lap Lanes (3) Shallow Water Aerobics 5:45 PM-6:45 PM	Flick and Float on January 6, 2012 from 6:45 - 8:30 PM. No 6:45 PM Aqua Zumba on January 6, 2012	
7:00 p.m. - 8:00 p.m.	(4) AquaZumba/Open Swim Deep End (1) Lap Lanes (3) Snappers Swim Team (5:30-8PM)	(1) Swim Lessons (3) Lap Lanes (4) SEVA Swim Team (5:30 - 7:45)	(1) Lap Lanes (3) Snappers Swim Team (5:30-8PM) (2) Special Olymics (2) Open Swim	(1) Lap Lanes (3) Swim Lessons (4) SEVA Swim Team (5:30 - 7:45)	(4) Lap Lanes (4) Open Swim Deep End only (4) Aqua Zumba		