



# 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 laps / 2 fit	6 laps / 2 fit	6 laps / 2 fit	6 laps / 2 fit	6 laps / 2 fit					
5:30 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					
6:00 AM						8 lap lanes	8 lap lanes	6:00 AM		
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 4 Lifeguard Class	7:00 AM		
8:00 AM	6 lap lanes 2 fit lanes	6 lap lanes 2 fit lane	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 4 Lifeguard Class	8:00 AM		
8:30 AM	6 lap lanes 2 fit lanes	6 lap lanes 2 fit lane	6 lap lanes 2 fit lane	6 lap lanes 2 fit lanes	6 lap lanes 2 fit lanes	5 laps / 1 fit 2 swim lesson	4 lap lanes 4 Lifeguard Class	8:30 AM		
9:00 AM	3 laps / 1 fit 4 preschool*	2 laps / 1 fit 4 preschool* 1 Adult Swim Inst	3 laps / 1 fit 4 preschool*	3 laps / 1 fit 4 preschool*	3 laps / 1 fit 4 swim lessons	2 lap lanes 6 swim lesson	4 lap lanes 4 Lifeguard Class	9:00 AM		
9:30 AM	3 laps / 1 fit 4 preschool*	2 laps / 1 fit 4 preschool* 1 Adult Swim Inst	3 laps / 1 fit 4 preschool*	3 laps / 1 fit 4 preschool*	3 laps / 1 fit 4 swim lessons	2 lap lanes 6 swim lesson	4 lap lanes 4 Lifeguard 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	3 laps / 1 fit 4 SS shallow	2 lap lanes 6 swim lesson	4 lap lanes 4 Lifeguard Class	10:00 AM		
10:30 AM	2 lap lanes 2 swim lessons 4 AJ / SS	4 laps / 1 fit 3 swim lessons	3 laps / 1 fit 4 SS shallow AJ deep	3 laps / 1 fit 4 swim lessons	3 laps / 1 fit 4 SS shallow AJ deep	2 lap lanes 6 swim lesson	4 lap lanes 4 Lifeguard Class	10:30 AM		
11:00 AM	2 lap lanes 2 swim lessons 4 AA shallow	3 laps / 1 fit 4 preschool*	3 laps / 1 fit 4 AA shallow AJ deep	6 lap lanes 2 fit lanes	3 laps / 1 fit 4 AA shallow AJ deep	2 lap lanes 6 swim lesson	3 lap lanes 5 Rental	11:00 AM		
11:30 AM	2 lap lanes 2 swim lessons 4 AA shallow	6 lap lanes 2 fit lanes	3 laps / 1 fit 4 AA shallow	6 lap lanes 2 fit lanes	3 laps / 1 fit 4 AA shallow	2 lap lanes 6 swim lesson	3 lap lanes 5 Rental	11:30 AM		
12 NOON	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	3 laps / 1 fit 4 family open	3 laps / 1 fit 4 family open	12 NOON		
12:30 PM and 1:00 PM	3 laps / 1 fit 4 preschool*	6 lap lanes 2 fit lanes	3 laps / 1 fit 4 preschool*	3 laps / 1 fit 4 preschool*	6 lap lanes 2 fit lanes	3 laps / 1 fit 4 family open	3 laps / 1 fit 4 family open	12:30 PM and 1:00 PM		

# AFTERNOON/EVENING HOURS

# YMCA of SARATOGA POOL SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
<b>1:30 PM</b>	5 laps / 1 fit 2 open swim	3 laps / 1 fit 4 After Therapy	5 laps / 1 fit 2 open swim	3 laps / 1 fit 4 After Therapy	5 laps / 1 fit 2 open swim	3 laps / 1 fit 4 open	3 laps / 1 fit 4 open	<b>1:30 PM</b>
<b>2:00 PM</b>	5 laps / 1 fit 2 open swim	3 laps / 1 fit 4 After Therapy	5 laps / 1 fit 2 open swim	3 laps / 1 fit 4 After Therapy	5 laps / 1 fit 2 open swim	2 lap lanes 2 birthday 4 open	2 lap lanes 2 birthday 4 open	<b>2:00 PM</b>
<b>2:30 PM</b>	5 laps / 1 fit 2 open swim	5 laps / 1 fit 2 open swim	5 laps / 1 fit 2 open swim	5 laps / 1 fit 2 open swim	5 laps / 1 fit 2 open swim	2 lap lanes 2 birthday 4 open	2 lap lanes 2 birthday 4 open	<b>2:30 PM</b>
<b>3:00 PM</b>	5 laps / 1 fit 2 open swim	5 laps / 1 fit 2 open swim	5 laps / 1 fit 2 open swim	5 laps / 1 fit 2 open swim	5 laps / 1 fit 2 open swim	2 lap lanes 2 birthday 4 open	2 lap lanes 2 birthday 4 open	<b>3:00 PM</b>
<b>4:00 PM</b>	4 laps / 1 fit 2 swim lessons 1 open swim	5 laps / 1 fit 2 open swim	5 laps / 1 fit 2 open swim	5 laps / 1 fit 2 open swim	5 laps / 1 fit 2 open swim	2 lap lanes 2 birthday 4 open	2 lap lanes 2 birthday 4 open	<b>4:00 PM</b>
<b>4:30 PM</b>	2 laps / 1 fit 4 swim lessons 1 open swim	2 laps / 1 fit 4 swim lessons 2 open swim	2 laps / 1 fit 4 swim lessons 1 open swim	2 laps / 1 fit 4 swim lessons 2 open swim	2 laps / 1 fit 4 swim lessons 1 open swim	2 lap lanes 2 birthday 4 open	2 lap lanes 2 birthday 4 open	<b>4:30 PM</b>
<b>5:00 PM</b>	2 lap lanes 4 swim lessons 2 AA shallow	2 laps / 1 fit 4 swim lessons 1 open swim	2 laps / 1 fit 4 swim lessons 1 open swim	2 lap lanes 4 swim lessons 2 AA shallow	2 laps / 1 fit 4 swim lessons 1 open swim	2 lap lanes 2 birthday 4 open swim	2 lap lanes 2 birthday 4 open swim	<b>5:00 PM</b>
<b>6:00 PM</b>	2 lap lane 6 swim team	2 lap lane 6 swim team	2 lap lane 6 swim team	2 lap lane 6 swim team	2 laps / 1 open 5 swim lessons	<b>YMCA closes at 6 pm</b>	2 lap lane 6 swim team	<b>6:00 PM</b>
<b>6:30 PM</b>	2 lap lane 6 swim team	2 lap lane 6 swim team	2 lap lane 6 swim team	2 lap lane 6 swim team	2 lap lanes 4 swim lessons 2 open swim		2 lap lane 6 swim team	<b>6:30 PM</b>
<b>7:00 PM</b>	2 lap lane 6 swim team	2 lap lane 6 swim team	2 lap lane 6 swim team	2 lap lane 6 swim team	2 lap lanes 4 swim lessons 2 open swim	5 Healthy Kids Night 3 closed	2 lap lane 6 swim team	<b>7:00 PM</b>
<b>7:30 PM</b>	2 lap lane 6 swim team	2 lap lane 6 swim team	2 lap lane 6 swim team	2 lap lane 6 swim team	2 laps / 2 open 4 swim lessons	5 HK Night 3 closed	2 lap lane 6 swim team	<b>7:30 PM</b>
<b>8:00 PM</b>	2 lap lane 6 swim team	2 lap lane 6 Adult Swim Inst	2 lap lane 6 swim team	2 lap lane 6 swim team	2 laps / 2 open 4 swim lessons	5 HK Night 3 closed	2 lap lane 6 swim team	<b>8:00 PM</b>
<b>8:45 PM</b>	2 lap lane 6 swim team	2 lap lane 6 Adult Swim Inst	2 lap lane 6 swim team	2 lap lane 6 swim team	6 lap lanes 2 open swim	5 HK Night 3 closed	<b>Sunday Pool closes at 8:45</b>	
<b>9:00 PM</b>	8 lap lanes	8 lap lanes	8 lap lanes	8 lap lanes	8 lap lanes	 We build strong kids, strong families, strong communities.		
<b>Mon - Fri 10 pm pool closes for cleaning</b>				9 pm sauna closes	9pm steam closes			