



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Effective March 6, 2023

JOHN P. THAYER YMCA

POOL SCHEDULE

SUNDAY

1:15 PM – 4:30 PM
LAP & FAMILY
SWIM
(1 LANE OPEN)
DURING
KAYAKING
2:30-4:30 PM

MONDAY

5 AM – 6 AM
POOL CLOSED

6 AM – 8:00 PM
LAP SWIM

TUESDAY

5 AM – 6:30 AM
Master's Swim

6:30 AM – 9:30 AM
LAP SWIM

9:30 AM – 11:15 AM
AQUA FIT ONLY

11:15 AM – 8:00 PM
LAP SWIM

4PM – 8 PM
LAP SWIM

5 PM – 8 PM
SWIM LESSONS
(LANE 3 & 4)

WEDNESDAY

5 AM – 6 AM
POOL CLOSED

6 AM – 2 PM
LAP SWIM

1 PM – 4:30 PM
POOL CLOSED

4:30 PM – 8 PM
LAP SWIM

THURSDAY

5 AM – 6:30 AM
Master's Swim

6:30 AM – 9:30 AM
LAP SWIM

9:30 AM – 11:15 AM
AQUA FIT ONLY

11:15 AM – 8:00 PM
LAP SWIM

5 PM – 8 PM
SWIM LESSONS
(LANE 3 & 4)

FRIDAY

5 AM – 6 AM
POOL CLOSED

6 AM – 2 PM
LAP SWIM

2 PM – 4:30 PM
POOL CLOSED

4 :30 PM – 7:30
PAP SWIM

*Possible make-up
lessons
5 PM – 8 PM
SWIM LESSONS
(LANE 3 & 4)

SATURDAY

8:30 AM – 10 AM
LAP & FAMILY
SWIM

10 AM – 11:30 PM
AQUA FIT ONLY

11:30 PM – 3:30 PM
LAP & FAMILY

(1 LANE OPEN)
DURING
KAYAKING
1:00-3:00 PM

- LAP SWIM
- SWIM LESSONS
- MASTER SWIM
- AQUA FIT
- POOL CLOSED

Lifeguards hold the power to ask all lap swimmers or families to share lanes.
Please note: the ENTIRE pool is reserved during Master Swim & Aqua Fit Classes

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