



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

October 2023: Lap Pool Schedule

MONDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
5AM-3:15PM	LAP	LAP	LAP	LAP	LAP	LAP
3:15PM-7:15PM	LAP	TYDE	TYDE	TYDE	TYDE	TYDE
7:15PM-8:45PM	LAP	LAP	LAP	LAP	LAP	LAP

TUESDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
5AM-6AM	LAP	LAP	LAP	LAP	LAP	LAP
6AM-7AM	LAP	LAP	TYDE	TYDE	TYDE	TYDE
7AM-3:15PM	LAP	LAP	LAP	LAP	LAP	LAP
3:15-7:15PM	LAP	TYDE	TYDE	TYDE	TYDE	TYDE
7:15PM-8:45PM	LAP	LAP	LAP	LAP	LAP	LAP

WEDNESDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
5AM-3:15PM	LAP	LAP	LAP	LAP	LAP	LAP
3:15PM-7:15PM	LAP	TYDE	TYDE	TYDE	TYDE	TYDE
7:15PM-8:45PM	LAP	LAP	LAP	LAP	LAP	LAP

THURSDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
5AM-6AM	LAP	LAP	LAP	LAP	LAP	LAP
6AM-7AM	LAP	LAP	TYDE	TYDE	TYDE	TYDE
7AM-3:15PM	LAP	LAP	LAP	LAP	LAP	LAP
3:15PM-7:15PM	LAP	TYDE	TYDE	TYDE	TYDE	TYDE
7:15PM-8:45PM	LAP	LAP	LAP	LAP	LAP	LAP

FRIDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
5AM-6AM	LAP	LAP	LAP	LAP	LAP	LAP
6AM-7AM	LAP	LAP	TYDE	TYDE	TYDE	TYDE
7AM-3:15PM	LAP	LAP	LAP	LAP	LAP	LAP
3:15PM-6:15PM	LAP	TYDE	TYDE	TYDE	TYDE	TYDE
6:15PM-7:45PM	LAP	LAP	LAP	LAP	LAP	LAP

SATURDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
7AM-4:45PM	LAP	LAP	LAP	LAP	LAP	LAP

SUNDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
12PM-1:15PM	LAP	LAP	LAP	LAP	LAP	LAP
1:15PM-3PM	LAP	LAP	LAP	BBF MASTERS	BBF MASTERS	BBF MASTERS
3PM-4:45PM	LAP	LAP	LAP	LAP	LAP	LAP

JERRY LONG FAMILY YMCA

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Our Mission: "Helping all people reach their God-given potential in spirit, mind and body." Financial Assistance available.