

# Indoor Lap Pool Schedule

## North Austin YMCA

### Updated May 2024



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pool Opens at 6:00am	Pool Opens at 6:00am	Pool Opens at 6:00am	Pool Opens at 6:00am	Pool Opens at 6:00am	Pool Opens at 8:00am
6am-8am Open Swim (1) Lap Swim (3)	6am-7am Master Swim (3) Lap Swim (1)	6am-8am Open Swim (1) Lap Swim (3)	6am-7am Master Swim (3) Lap Swim (1)	6am-8am Open Swim (1) Lap Swim (3)	
8am-9am Aqua Fit (1) Lap Swim (3)	7am-8:30am Open Swim (1) Lap Swim (3)	8am-9am Aqua Fit (1) Lap Swim (3)	7am-8:30am Open Swim (1) Lap Swim (3)	8am-9am Aqua Fit (1) Lap Swim (3)	8-8:30 Open(1) Lap(3)
9am-4:30pm Open Swim (1) Lap Swim (3)	8:30am -9:30am Aqua Fit (1) Lap Swim (3)	9am-4:30pm Open Swim (1) Lap Swim (3)	8:30am -9:30am Aqua Fit (1) Lap Swim (3)	9am-7:45pm Open Swim (1) Lap Swim (3)	8:30am-11:45am Swim Lessons (1) Open Swim (1) Lap Swim (2)
	9:30am-11:15am Open Swim (1) Lap Swim (3)		9:30am-11:15am Open Swim (1) Lap Swim (3)		11:45am-12:45pm Aqua Fit (1) Lap Swim (3)
	11:15am-12pm Aqua Cardio (1) Lap Swim (3)		11:15am-12pm Aqua Cardio (1) Lap Swim (3)		
	12pm-1pm Aqua Tai Chi (1) Lap Swim (3)		12pm-1pm Aqua Tai Chi (1) Lap Swim (3)		
	1pm-4:30pm Open Swim (1) Lap Swim (3)		1pm-4:30pm Open Swim (1) Lap Swim (3)		12:45pm-6:45pm Open Swim (1) Lap Swim (3)
4:30pm-8pm Swim Lessons (2) Open Swim (1) Lap Swim (1)	4:30pm-7pm Swim Lessons (2) Open Swim (1) Lap Swim (1)	4:30pm-8pm Swim Lessons (2) Open Swim (1) Lap Swim (1)	4:30pm-7pm Swim Lessons (2) Open Swim (1) Lap Swim (1)		
	7pm-8pm Swim Team (3) Lap Swim (1)	*4:45-5:45pm Aqua Fit in Open Swim Lane*	7pm-8pm Swim Team (3) Lap Swim (1)		
8pm-8:45pm Open Swim (1) Lap Swim (3)	8pm-8:45pm Open Swim (1) Lap Swim (3)	8pm-8:45pm Open Swim (1) Lap Swim (3)	8pm-8:45pm Open Swim (1) Lap Swim (3)	7:45pm Pool Closes	
Pool Closes at 8:45pm	Pool Closes at 8:45pm	Pool Closes at 8:45pm	Pool Closes at 8:45pm	*We occasionally have makeup swim lessons on Friday evenings*	6:45pm Pool Closes