

North Lexington Family YMCA Aquatic Schedule January-February 2012

Lap Swim Times (available lanes)

Monday

5:30 am-8:00 am (3)
8:00 am-9:00 pm (2)
9:00 am-11:00 am (3)
11:00 am-1:15 pm (2)
1:15 pm-4:00 pm (3)
4:00 pm-6:30 pm (1)
6:30 pm-7:30 pm (0)
7:30 pm-8:30 pm (2)
8:30 pm-9:45 pm (3)

Tuesday

5:30 am-8:30 am (3)
8:30 am-12:15 am (2)
12:15 am-4:00 pm (3)
4:00 pm-9:15 pm (1)
9:15 pm-9:45 pm (3)

Wednesday

5:30 am-8:00 am (3)
8:00 am-9:00 pm (2)
9:00 am-11:00 am (3)
11:00 am-1:15 pm (2)
1:15 pm-4:00 pm (3)
4:00 pm-6:30 pm (1)
6:30 pm-7:30 pm (0)
7:30 pm-8:30 pm (2)
8:30 pm-9:45 pm (3)

Thursday

5:30 am-8:30 am (3)
8:30 am-12:15 am (2)
12:15 am-4:00 pm (3)
4:00 pm-9:15 pm (1)
9:15 pm-9:45 pm (3)

Friday

5:30 am-8:00 am (3)
8:00 am-9:00 pm (2)
9:00 am-11:00 am (3)
11:00am-12:00pm (2)
12:00pm-4:00pm (3)
4:00 pm-6:30 pm (1)
6:30 pm-8:30 pm (2)
8:30 pm-9:45 pm (3)

Saturday

7:00 am-9:00 am (3)
9:00 am-7:45 pm (2)

Sunday

12:00 pm- 1:00 pm (1)
1:00 pm-2:00 pm (2)
2:00 pm-3:30 pm (1)
3:30 pm-7:45pm (2)



Open/Family Swim Times (available lanes)

Monday

5:30 am-8:00 am (2)
8:00 am-9:00 am (deep)
9:00 am-11:00 pm (2)
11:00 pm-1:15 pm (0)
1:15 pm-4:00 pm (2)
4:00 pm-6:30 pm (0)
6:30 pm-7:30 pm (deep)
7:30 pm -8:30 pm (shallow)
8:30 pm-9:45 pm (2)

Tuesday

5:30 am-8:30 am (2)
8:30 am-10:30 am (deep)
11:30 am-12:15pm (deep)
11:30 am-4:00 pm (2)
4:00 pm-5:00 pm (1)
5:00 pm-7:00 pm (deep)
7:00 pm-9:45 pm (1)

Wednesday

5:30 am-8:00 am (2)
8:00 am-9:00 am (deep)
9:00 am-11:00 pm (2)
11:00 pm-1:15 pm (0)
1:15 pm-4:00 pm (2)
4:00 pm-6:30 pm (0)
6:30 pm-7:30 pm (deep)
7:30 pm -8:30 pm (shallow)
8:30 pm-9:45 pm (2)

Thursday

5:30 am-8:30 am (2)
8:30 am-10:30 am (deep)
11:30 am- 12:15pm (deep)
11:30 am-4:00 pm (2)
4:00 pm ~5:00 pm (0)
5:00 pm-7:00 pm (deep)
7:00 pm-9:45 pm (1)

Friday

5:30 am-8:00 am (2)
8:00 am-9:00 am (deep)
9:00 am-11:00 m (2)
11:00 am-12:00 pm (deep)
12:00 pm-4:00 pm(2)
4:00 pm-7:30 pm(0)
7:30 pm-9:45 pm (3)

Saturday

7:00 am -9:00 am (2)
9:00 am-12:00 pm (deep)
12:00 pm-7:45 pm (3)

Sunday

12:00 pm-1:00 pm (0)
1:00 pm- 2:00pm(3)
2:00 pm-3:30pm (0)
3:30 pm-7:45 pm (3)

Water Fitness Times

Monday

8:00am-9:00am
11:00 pm-12:00 pm
12:15 pm-1:15 pm
6:30-7:30 pm
7:30 pm-8:30 pm (deep)

Tuesday

8:30 am-9:30 am
9:30 am-10:30 am
11:30am-12:15pm
6:00 pm-7:00 pm

Wednesday

8:00am-9:00am
11:00 pm-12:00 pm
12:15 pm-1:15 pm
6:30-7:30 pm
7:30 pm-8:30 pm (deep)

Thursday

8:30 am-9:30 am
9:30 am-10:30 am
11:30am-12:15pm
6:00 pm-7:00 pm

Friday

8:00am-9:00am
11:00 pm-12:00 pm

Jumping Jaguars

Limited Lanes Available

Thursdays

2:45 pm-4:00 pm

Jan 5, Jan 19

Feb 2, Feb 16

Swim Team Times

Limited Lanes Available

Monday

4:00 pm-5:00pm
5:30pm-6:30pm
6:30pm-7:30pm

Tuesday

4:00 pm-6:00 pm
7:00 pm-8:00 pm
8:00 pm-9:15 pm

Wednesday

4:00 pm-5:00pm
5:30pm-6:30pm
6:30pm-7:30pm

Thursday

4:00 pm-6:00 pm
7:00 pm-8:00 pm
8:00 pm-9:15pm

Friday

4:00pm-5:00pm
5:30pm-6:30pm
6:30pm-7:30pm

Sunday

12:00 pm-1:00 pm
2:00 pm-3:30pm

Swim Lesson Times

Monday/Wednesday

9:30 am-10:00 am

Tuesday / Thursday

5:00 pm-7:15 pm

Wednesday

6:30-7:45 pm

Friday

6:30-7:15 pm

Saturday

9:00 am-12:45 pm

Aquatic Schedule is subject to change due to classes, swim meets, or other programs.