


MORNING HOURS

YMCA of SARATOGA POOL SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
5:00 AM	6 laps / 2 fit	6 laps / 2 fit	6 laps / 2 fit	6 laps / 2 fit	6 laps / 2 fit	 We build strong kids, strong families, strong communities.		
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 laps / 2 fit
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 lane	5 lap lanes 3 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 lane	5 lap lanes 3 Class	8:00 AM
8:30 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 lane	5 lap lanes 3 Class	8:30 AM
9:00 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	5 lap lanes 1 fit lane 2 open	5 lap lanes 3 Class	9:00 AM
9:30 AM	5 lap lanes 1 fit lanes 2 open	5 lap lanes 1 fit lanes 2 open	5 lap lanes 1 fit lanes 2 open	5 lap lanes 1 fit lanes 2 open	5 lap lanes 1 fit lanes 2 open	5 lap lanes 1 fit lane 2 open	5 lap lanes 3 Class	9:30 AM
10:00 AM	5 lap lanes 1 fit lanes 2 open	5 lap lanes 1 fit lanes 2 open	5 lap lanes 1 fit lanes 2 open	5 lap lanes 1 fit lanes 2 open	5 lap lanes 1 fit lanes 2 open	5 lap lanes 1 fit lane 2 open	5 lap lanes 3 Class	10:00 AM
10:30 AM	5 lap lanes 1 fit lanes 2 open	5 lap lanes 1 fit lanes 2 open	5 lap lanes 1 fit lanes 2 open	5 lap lanes 1 fit lanes 2 open	5 lap lanes 1 fit lanes 2 open	5 lap lanes 1 fit lane 2 open	5 lap lanes 3 Class	10:30 AM
11:00 AM	5 lap lanes 1 fit lanes 2 open	5 lap lanes 1 fit lanes 2 open	5 lap lanes 1 fit lanes 2 open	5 lap lanes 1 fit lanes 2 open	5 lap lanes 1 fit lanes 2 open	5 lap lanes 1 fit lane 2 open	5 lap lanes 3 Class	11:00 AM
11:30 AM	5 lap lanes 1 fit lanes 2 open	5 lap lanes 1 fit lanes 2 open	5 lap lanes 1 fit lanes 2 open	5 lap lanes 1 fit lanes 2 open	5 lap lanes 1 fit lanes 2 open	5 lap lanes 1 fit lane 2 open	5 lap lanes 3 Class	11:30 AM
12 NOON	5 lap lanes 1 fit lanes 2 open	5 lap lanes 1 fit lanes 2 open	5 lap lanes 1 fit lanes 2 open	5 lap lanes 1 fit lanes 2 open	5 lap lanes 1 fit lanes 2 open	5 lap lanes 1 fit lane 2 open	5 lap lanes 1 fit lane 2 open	12 NOON
12:30 PM	5 lap lanes 1 fit lanes 2 open	5 lap lanes 1 fit lanes 2 open	5 lap lanes 1 fit lanes 2 open	5 lap lanes 1 fit lanes 2 open	5 lap lanes 1 fit lanes 2 open	5 lap lanes 1 fit lane 2 open	5 lap lanes 1 fit lane 2 open	12:30 PM

8/16 - 8/22/10 AND 8/30 - 9/12/10


Post-Summer Break Weeks

POOL CLOSED 8/23 through 8/29/10

Subject to change without notice

AFTERNOON/EVENING HOURS

YMCA of SARATOGA POOL SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
1:30 PM	5 lap / 1 fit 2 open	5 lap / 1 fit 2 open	5 lap / 1 fit 2 open	5 lap / 1 fit 2 open	5 lap / 1 fit 2 open	5 lap lane 3 family open	5 lap lane 3 family open	1:30 PM
2:00 PM	5 lap / 1 fit 2 open	5 lap / 1 fit 2 open	5 lap / 1 fit 2 open	5 lap / 1 fit 2 open	5 lap / 1 fit 2 open	4 lap lanes 1 birthday 3 family open	4 lap lanes 1 birthday 3 family open	2:00 PM
2:30 PM	5 lap / 1 fit 2 open	5 lap / 1 fit 2 open	5 lap / 1 fit 2 open	5 lap / 1 fit 2 open	5 lap / 1 fit 2 open	4 lap lanes 1 birthday 3 family open	4 lap lanes 1 birthday 3 family open	2:30 PM
3:00 PM	5 lap / 1 fit 2 open	5 lap / 1 fit 2 open	5 lap / 1 fit 2 open	5 lap / 1 fit 2 open	5 lap / 1 fit 2 open	4 lap lanes 1 birthday 3 family open	4 lap lanes 1 birthday 3 family open	3:00 PM
3:30 PM	5 lap / 1 fit 2 open	5 lap / 1 fit 2 open	5 lap / 1 fit 2 open	5 lap / 1 fit 2 open	5 lap / 1 fit 2 open	4 lap lanes 1 birthday 3 family open	4 lap lanes 1 birthday 3 family open	3:30 PM
4:30 PM	5 lap / 1 fit 2 open	5 lap / 1 fit 2 open	5 lap / 1 fit 2 open	5 lap / 1 fit 2 open	5 lap / 1 fit 2 open	4 lap lanes 1 birthday 3 family open	4 lap lanes 1 birthday 3 family open	4:30 PM
5:00 PM	5 lap / 1 fit 2 open	5 lap / 1 fit 2 open	5 lap / 1 fit 2 open	5 lap / 1 fit 2 open	5 lap / 1 fit 2 open	4 lap lanes 1 birthday 3 family open	4 lap lanes 1 birthday 3 family open	5:00 PM
6:00 PM	5 lap / 1 fit 2 family open	5 lap / 1 fit 2 family open	5 lap / 1 fit 2 family open	5 lap / 1 fit 2 family open	5 lap / 1 fit 2 family open	YMCA closes at 6 pm	YMCA closes at 6 pm	6:00 PM
6:30 PM	5 lap / 1 fit 2 family open	5 lap / 1 fit 2 family open	5 lap / 1 fit 2 family open	5 lap / 1 fit 2 family open	5 lap / 1 fit 2 family open			6:30 PM
7:00 PM	5 lap / 1 fit 2 family open	5 lap / 1 fit 2 family open	5 lap / 1 fit 2 family open	5 lap / 1 fit 2 family open	5 lap / 1 fit 2 family open			7:00 PM
7:30 PM	5 lap / 1 fit 2 family open	5 lap / 1 fit 2 family open	5 lap / 1 fit 2 family open	5 lap / 1 fit 2 family open	5 lap / 1 fit 2 family open			7:30 PM
8:00 PM	5 lap / 1 fit 2 family open	5 lap / 1 fit 2 family open	5 lap / 1 fit 2 family open	5 lap / 1 fit 2 family open	5 lap / 1 fit 2 family open			8:00 PM to 8:45 PM
8:45 PM	5 lap / 1 fit 2 family open	5 lap / 1 fit 2 family open	5 lap / 1 fit 2 family open	5 lap / 1 fit 2 family open	5 lap / 1 fit 2 family open			
9:00 PM	5 lap / 1 fit 2 family open	5 lap / 1 fit 2 family open	5 lap / 1 fit 2 family open	5 lap / 1 fit 2 family open	5 lap / 1 fit 2 family open	 We build strong kids, strong families, strong communities.		
Mon - Fri 10 pm pool closes		AA Aqua Aerobic; AJ Aqua Jog; SS Silver Splash; PT Physical Therapy						

8/16 - 8/22/10 AND 8/30 - 9/12/10
POOL CLOSED 8/23 through 8/29/10

Post-Summer Break Weeks

Subject to change without notice