

KEN-TON FAMILY YMCA
POOL SCHEDULE
SEPTEMBER 23RD – OCTOBER 26TH 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Lap Swim 6:00-6:50am 7:00-7:45am 8:00-8:45am	Lap Swim 6:00-6:45am 7:00-7:45am 8:00-8:45am	Lap Swim 6:00-6:50am 7:00-7:45am 8:00-8:45am	Lap Swim 6:00-6:50am 7:00-7:45am 8:00-8:45am	Lap Swim 6:00-6:50am 7:00-7:45am 8:00-8:45am	Lap Swim 8:00-8:45am
Aqua Fit 9:00-9:45am 10:00-10:45am Janice	Aqua Fit 9:00-9:45am 10:00-10:45am Kathy	Aqua Fit 9:00-9:45am 10:00-10:45am Janice	Aqua Fit 9:00-9:45am 10:00-10:45am Kathy	9:00-9:45am 10:00-10:45am	Aqua Cycle 9:00-9:45am Rebecca
Strength & Stretch 11:00-11:45am 12:00-12:45pm Sandy	Lap Swim-Lanes 1-2 Open Swim-Lanes 3-4 11:00-11:45am 12:00-12:45pm	Aquatic Arthritis 11:00-11:45am Strength & Stretch 12:00-12:45pm Sandy	Lap Swim-Lanes 1-2 Open Swim-Lanes 3-4 11:00-11:45am 12:00-12:45pm	Strength & Stretch 11:00-11:45am 12:00-12:45pm Sandy	
Lap Swim-Lanes 1-2 Open Swim-Lanes 3-4 1:00-1:45pm 2:00-2:45pm 3:00-3:45pm 4:00-4:45pm	Lap Swim-Lanes 1-2 Open Swim-Lanes 3-4 4:00-4:45pm	Lap Swim-Lanes 1-2 Open Swim-Lanes 3-4 1:00-1:45pm 2:00-2:45pm 3:00-3:45pm 4:00-4:45pm 5:00-6:15pm	Lap Swim-Lanes 1-2 Open Swim-Lanes 3-4 4:00-4:45pm	Lap Swim-Lanes 1-2 Open Swim-Lanes 3-4 1:00-1:45pm 2:00-2:45pm 3:00-3:45pm 4:00-4:45pm	Lap Swim-Lanes 1-2 Open/Fam. Swim-Lane 3-4 9:00-9:45am 10:00-10:45am *11:00-11:45am 12:00-12:45pm
Lap Swim-Lanes 1-2 Open Swim-Lane 3 Swim Lessons-Lane 4 5:00-6:15pm	Aqua Fit 5:00-5:45pm Cyd		Aqua Fit 5:00-5:45pm Cyd		
Aqua Cycle 6:30-7:15pm Rebecca		Aqua Cycle 6:30-7:15pm Rebecca		Lap Swim-Lanes 1-2 Open Swim-Lane 3-4 3:00-3:45pm 4:00-4:45pm 5:00-5:45pm 6:00-6:45pm 7:00-7:45pm	*Please call ahead to confirm pool availability.
Lap Swim-Lanes 1-2 Open Swim-Lane 3-4 7:15-7:45pm	Lap Swim-Lanes 1-2 Swim Lessons-Lanes 3-4 6:00-7:50pm	Lap Swim-Lanes 1-2 Open Swim-Lane 3-4 7:15-7:45pm	Lap Swim-Lanes 1-2 Swim Lessons-Lanes 3-4 6:00-7:50pm		Birthday parties may be scheduled for 11:00am-12:00pm.

Schedule subject to change. For more information, please call the Ken-Ton Family Branch YMCA at (716) 874-5051.