

# YMCA at Glen Cove Lap Swim Schedule



YMCA

We build strong kids,  
strong families, strong communities.

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-8:00am	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim (7:00-9:00am)	Adult Lap Swim (7:00-9:00am)
8:00 am	No Lap Swim 8:00-10:00am	No Lap Swim 8:00-10:00am	No Lap Swim 8:00-10:00am	No Lap Swim 8:00-10:00am	No Lap Swim 8:00-11:30am	No Lap Swim 9:00am - 3:00pm	No Lap Swim 9:00am - 3:00pm
10:00am	2 Lap Lanes 10:00-11:30am	2 Lap Lanes 10:00-11:30am	2 Lap Lanes 10:00-11:30am	2 Lap Lanes 10:00-11:30am		Adult Lap Swim 3:00-5:00pm	Adult Lap Swim 1:00-3:00pm
11:30am- 1:30pm.	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim	<p style="text-align: center;"><b><u>MEMBER</u></b> <b><u>RECREATIONAL SWIM</u></b></p> <p>Tuesday &amp; Thursday 7: 05-8:30 pm</p> <p>Friday 7:05 – 8:00pm</p> <p>Saturday 1:00 – 3:00pm</p> <p>Sunday 11:45- 1:00pm</p>	
1:00-3:00pm	2 Lap Lanes	No Lap Swim	2 Lap Lanes	No Lap Swim	2 Lap Lanes		
3:00-5:15pm	No Lap Swim	No Lap Swim	No Lap Swim	No Lap Swim	No Lap Swim		
5:15-6:30pm	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim		
6:30pm	No Lap Swim 6:30-8:45pm	No Lap Swim 6:30-8:30pm	No Lap Swim 6:30-8:45pm	No Lap Swim 6:30-8:30pm	No Lap Swim 6:30-8:00pm		
8:00pm	Adult Lap Swim 8:45-10:00 pm	Adult Lap Swim 8:30-10:00pm	Adult Lap Swim 8:45-10:00pm	Adult Lap Swim 8:30-10:00pm	Adult Lap Swim 8:00-9:00pm		