

**YMCA AT GLEN COVE
ADULT LAP SWIM SCHEDULE**

Summer 2010 (6/22/10 to 9/6/10)

TIME	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 (7:00-10:00am)
8:00 AM	No Lap Swim 8:00-11:30am	No Lap Swim 8:00-11:30am	No Lap Swim 8:00-11:30am	No Lap Swim 8:00-11:30am	No Lap Swim 8:00-11:30am	No Lap Swim	No Lap Swim
11:30 AM to 1:00 PM	Adult Lap Swim ***	Adult Lap Swim ***	Adult Lap Swim ***	Adult Lap Swim ***	Adult Lap Swim ***	MEMBER RECREATIONAL SWIM <i>Tuesday & Thursday</i> 7:30 - 8:45 PM <i>Friday</i> 7:00 - 8:00PM 1/2pool	
1:00-3:00PM	3 Lap Lanes	No Lap Swim	3 Lap Lanes	No Lap Swim	3 Lap Lanes		
3:00 - 4:15PM	No Lap Swim	No Lap Swim	No Lap Swim	No Lap Swim	No Lap Swim		
4:15 - 6:15PM	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim		
6:30 PM	No Adult Lap	No Adult Lap	No Adult Lap	No Adult Lap	No Adult Lap		
8:45-10:00PM ***	Adult Lap Swim 8:45-10:00PM	Adult Lap Swim 8:45-10:00PM	Adult Lap Swim 8:45-10:00PM	Adult Lap Swim 8:45-10:00PM	Adult Lap Swim 8:00-9:00PM		

As always schedule is subject to change.

Attention Members the above times that are highlighted with three asterisks (***) are designated times for lap swimming as well as exercise in our designated areas.

Please note that during times labeled "3 Lap Lanes", only lap swimming is permitted in our designated lanes.