



YMCA at Glen Cove



Winter 2012 Lap Swim Schedule

<i>Time</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
5:30am-8:00am	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim 6:15 am-9:00am	Adult Lap Swim 7:15 am-9:00am
8:00am-10:00am	No Lap Swim	No Lap Swim	No Lap Swim	No Lap Swim	No Lap Swim		
10:00am-11:30am	3 Lap Lanes	3 Lap Lanes	3 Lap Lanes	3 Lap Lanes	No Lap Swim	No Lap Swim 9:00am - 1:00pm	No Lap Swim 9:00am-1:00pm
11:30am-1:00pm	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim		
1:00pm-3:30pm	3 Lap Lanes	3 Lap Lanes	3 Lap Lanes	3 Lap Lanes	3 Lap Lanes	Member Rec. Swim (1:00-3:00)	Member Rec. Swim (1:00-3:00)
3:30pm-5:15pm	No Lap Swim	No Lap Swim	No Lap Swim	No Lap Swim	No Lap Swim	Adult Lap Swim (Begins 3:00)	Adult Lap Swim (3:00-5:00)
5:15pm-6:30pm	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim (Until 6pm)	
6:30pm-8:30pm	No Lap Swim	Member Rec. Swim (7:05-8:30)	No Lap Swim	Member Rec. Swim (7:05-8:30)	Member Rec. Swim (7:00-8:30)		
8:30pm - 10:00pm	Adult Lap Swim (Begins 8:45)	Adult Lap Swim	Adult Lap Swim (Begins 8:45)	Adult Lap Swim	Adult Lap Swim		

During the "Adult Lap Swim" times members may exercise as well.

During "3 Lap Lane" times members may only swim laps.

Swim Schedule is subject to change.