



NEW HOPE YMCA

# LAP POOL SCHEDULE

December 8th-14th, 2025

Updated: 12/9/25

**NO Reservations Required (Except for Water X Classes)**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-7:50am <b>Lap Swim (5)</b> <b>Water Walking (1)</b>	5:00-7:50am <b>Lap Swim (5)</b> <b>Water Walking (1)</b>	5:00-7:05am <b>Lap Swim (5)</b> <b>Water Walking (1)</b> 7:15-8:00am <b>Water X</b>	5:00-7:50am <b>Lap Swim (5)</b> <b>Water Walking (1)</b>	5:00-7:50am <b>Lap Swim (5)</b> <b>Water Walking (1)</b>	CLOSED	CLOSED
8:00-9:00am <b>Water X</b>	8:00-9:00am <b>Water X</b>	8:05-8:30am CLOSED 8:30-9:45am <b>Lap Swim (4)</b> <b>Open Swim (2)</b>	8:00-9:00am <b>Water X</b>	8:00-9:00am <b>Water X</b>	7:00-8:05am <b>Lap Swim (4)</b> <b>Open Swim (2)</b> 8:15-9:15am <b>Water X</b>	7:00-10:30am <b>Lap Swim (4)</b> <b>Water Walking (2)</b>
9:05-10:30am <b>Lap Swim (4)</b> <b>Open Swim (2)</b>	9:05-9:30am <b>Lap Swim (4)</b> <b>Open Swim (2)</b>	9:45-10:50am <b>Lap Swim (4)</b> <b>Swim Lessons (2)</b>	9:05-9:45am <b>Lap Swim (4)</b> <b>Open Swim (2)</b>	9:05-10:50am <b>Lap Swim (4)</b> <b>Open Swim (2)</b>	9:25-11:50am <b>Lap Swim (4)</b> <b>Swim Lessons (2)</b>	10:30-2:00pm CLOSED
10:30-10:55am CLOSED	9:30-10:50am <b>Lap Swim (4)</b> <b>ECLC Swim (2)</b>	11:00-1:00pm <b>Water VolleyBall</b>	9:45-10:50am <b>Lap Swim (4)</b> <b>ECLC Swim (2)</b>	11:00-1:00pm <b>Water X (5)</b> <b>Lap Swim (1)</b>	12:00-4:45pm <b>Swim Meet</b> *No Lap/Open Swim Whirlpool Open*	2:00-2:35pm <b>Lap Swim (4)</b> <b>Open Swim (2)</b> 2:45-4:45pm <b>Lap Swim (1)</b> <b>Swim Team (5)</b>
11:00-1:00pm <b>Water VolleyBall</b>	11:00-11:50am <b>Water X (5)</b> <b>Lap Swim (1)</b> 12:00-1:30pm <b>Lap Swim (3)</b> <b>Open Swim (3)</b>	1:05-1:30pm <b>Lap Swim (2)</b> <b>Open Swim (4)</b>	11:00-11:50am <b>Water X (5)</b> <b>Lap Swim (1)</b> 12:00-1:30pm <b>Lap Swim (3)</b> <b>Open Swim (3)</b>	11:00-1:00pm <b>Water VolleyBall</b> 1:05-1:30pm <b>Lap Swim (2)</b> <b>Open Swim (4)</b>		
1:05-1:30pm <b>Lap Swim (3)</b> <b>Open Swim (3)</b>	1:30-3:00pm CLOSED	1:30-3:00pm CLOSED	1:30-3:00pm CLOSED	1:30-3:00pm CLOSED		
3:00-5:20pm <b>Lap Swim (3)</b> <b>Open Swim (3)</b>	3:00-4:35m <b>Lap Swim (3)</b> <b>Open Swim (3)</b> 4:45-5:15pm <b>Lap Swim (1)</b> <b>Swim Lessons (5)</b>	3:00-4:35pm <b>Lap Swim (2)</b> <b>Open Swim (4)</b> 4:45-7:00pm <b>Lap Swim (2)</b> <b>Swim Lessons (4)</b>	3:00-4:05pm <b>Lap Swim (3)</b> <b>Open Swim (3)</b> 4:15-5:00pm <b>Lap Swim (3)</b> <b>Swim Lessons (3)</b> 5:00-7:05pm <b>18+ Lap Swim (2)</b> <b>Swim Lessons (4)</b>	3:00-5:20pm <b>Lap Swim (2)</b> <b>Open Swim (4)</b>		
5:30-6:30pm <b>Swim Team (6)</b>	5:20-7:00pm <b>Swim Lesson (6)</b> *No Lap Swim*	7:05-8:00pm <b>Lap Swim (3)</b> <b>Open Swim (3)</b>	7:15-8:00pm <b>Water X</b>	5:30-6:30pm <b>Swim Team (6)</b> 6:35-8:00pm <b>Lap Swim (1)</b> <b>Swim Team (5)</b>		
6:30-8:30pm <b>Lap Swim (1)</b> <b>Swim Team (5)</b>	8:05-8:45pm <b>18+ Lap Swim (4)</b> <b>Water Walking (2)</b> *No Open Swim*	8:05-8:45pm <b>18+ Lap Swim (4)</b> <b>Water Walking (2)</b> *No Open Swim*	8:05-8:45pm <b>Lap Swim (4)</b> <b>Open Swim (2)</b>	8:05-8:45pm <b>Lap Swim (4)</b> <b>Open Swim (2)</b>		
CLOSED					CLOSED	CLOSED

During Lap swim, you are required to share a lane with another swimmer if all lanes are full. This may include circle swimming.

\*Reminder: Lap Swim requires a pink wristband for swimmers under 15 years of age and MUST be swimming laps/water exercise\*

\*Patrons ages 15-18 years old need to acquire a green wristband at the Welcome Desk for Whirlpool Usage\*