

Lap Schedule

4/15/12-6/9/12

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Time
5:00								5:00
5:30								5:30
6:00								6:00
6:30		3 Lap Lanes, 1 Open Lane 5:00- 8:40	3 Lap Lanes, 1 Open Lane 5:00- 8:40	3 Lap Lanes, 1 Open Lane 5:00- 8:40	3 Lap Lanes, 1 Open Lane 5:00- 8:40	3 Lap Lanes, 1 Open Lane 5:00- 8:40	3 Lap Lanes, 1 Open Lane 6:00- 8:00	6:30
7:00								7:00
7:30								7:30
8:00	3 Lap, 1 Open 8:00-9:00						Deep Open 8- 8:30	8:00
8:30		Deep Open 8:45- 9:30	Deep Open 8:45- 9:30	Deep Open 8:45- 9:30		Deep Open 8:45- 9:30		8:30
9:00					Deep Open 8:45- 11:00		1 Lap Lane 9:15- 9:45	9:00
9:30		Shallow open 9:30- 10:15		Shallow Open 9:30-10:15		Shallow Open 9:30-10:15		9:30
10:00	1 Lap Adaptive Only 9:45-11		Deep open 10:15- 11					10:00
10:30				1 Lap Lane 10:15-11				10:30
11:00	2 Lap Lanes, 2 Open Lanes 11:00- 12:30	2 Lap Lanes, 2 Open Lanes 11:15- 1	2 lap, 2 open 11-1	2 Lap Lanes 11-12	1 Lap 11-12:00	2 Lap 10:15-12	1 Lap Lane 10:45- 11:45	11:00
11:30								11:30
12:00				2 Lap, 2 Open 12- 1	2 lap, 2 open 12-1	4/15/12-6/9/12	1 Lap Lane, 2 Open 11:45-1:00	12:00
12:30								12:30
1:00	1 Lap Lane, 2 Open 12:30-2:30	1 Lap Lane 1-2	Deep Open 1-2	1 Lap Lane 1-2	Deep Open 1-2	1 Lap Lane 1:00-2		1:00
1:30								1:30
2:00			1 Lap 2-2:30		1 Lap 2-2:30			2:00
2:30	1 Lap 2:30-3:30	2 Lap Lanes, 2 Open 2-3:30	2 Lap, 2 Open 2:30-3:45	2 Lap Lanes, 2 Open 2-4	2 Lap, 2 Open 2:30-3:45	2 Lap, 2 open 2- 3:30		2:30
3:00							2 Lap, 2 Open 1:00-5:45	3:00
3:30		2 Lap 3:30-4				1 Lap Lane 3:30- 4:30		3:30
4:00			1 Lap Lane 3:45- 4:15					4:00
4:30		1 Lap Lane 4:00- 6:15		1 Lap Lane 4-5				4:30
5:00					1 Lap Lane 4:30-6			5:00
5:30			1 Lap lane 5-6:15	1 Lap Lane 5-6:30		1 Lap Lane 4:30-7		5:30
6:00					2 lap 6-6:30			6:00
6:30			Deep open 6:15-7					6:30
7:00			1 lap lane 7-7:30		Deep open 6:30-8			7:00
7:30			3 Lap 7:30-8:30					7:30
8:00					3 Lap 8-8:30	2 Lap Lanes, 2 Open Lanes 7- 9:45		8:00
8:30		2 Lap, 2 Open 7:45-9:45		1 Lap Lane 7:45- 9:45				8:30
9:00			2 Lap, 2 Open 8:30-9:45		2 Lap. 2 open 8:30- 9:45			9:00
9:30								9:30
10:00								10:00

Times and availability are
 subject to change without notice.



If you have any questions please
 call the YMCA @ 630-834-9200

Elmhurst YMCA
211 W. First St.
Elmhurst, IL 60126
www.elmhurstymca.org

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