



Prisma Health Aquatics Center
Middle Tyger Family YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LAP POOL Schedule

SCHEDULE EFFECTIVE AUGUST 5TH-SEPTEMBER 3RD 2019

Monday	5am-11am	Lap Swim: Short Course	
	11am-11:45am	Deep H2O*	Henri
	11:45am-5:30pm	Lap Swim: Short Course	
Tuesday	5:30pm-7:30pm	High School Swim Team*	Riverside/Byrnes
	7:30pm-8:45pm	Lap Swim: Short Course	
	5am-11a	Lap Swim: Short Course	
Wednesday	11am-11:45am	Deep H2O*	Regina
	11:45a-5:30pm	Lap Swim: Short Course	
	5:30pm-7:30pm	High School Swim Team*	Riverside/Byrnes
Thursday	7:30pm-8:45pm	Lap Swim: Short Course	
	5am-11a	Lap Swim: Short Course	
	11am-11:45am	Deep H2O*	Regina
Friday	11:45a-5:30pm	Lap Swim: Short Course	
	5:30pm-7:30pm	High School Swim Team*	Riverside/Byrnes
	7:30pm-8:45pm	Lap Swim: Short Course	
Saturday	5am-11a	Lap Swim: Short Course	
	11am-11:45am	Deep H2O*	Henri
	11:45a-5:30pm	Lap Swim: Short Course	
Sunday	5:30pm-7:30pm	High School Swim Team*	Riverside/Byrnes
	7:30pm-8:45pm	Lap Swim: Short Course	
	7am-5:45pm	Lap Swim: Short Course	
	1:00-5:45 pm	Lap Swim: Short Course	

***At least one lane is available for Lap Swimming except during swim meets.**