

# Lap Swimming Schedule

Here is a schedule of how many lap lanes will be available during the summer. While the aquatics department will do our best to stick to this schedule please be aware that there may be exceptions and we will try our best to post those exceptions to our members. If you have any questions please contact the Aquatics Director, Scott Chase at [s.chase@ncfymca.org](mailto:s.chase@ncfymca.org).

Monday – Thursday	6:00-10:00am	5 Lanes available for lap swimming
	10:00-12:00pm	4 Lanes available for lap swimming
	12:00-3:00pm	3 Lanes available for lap swimming
	3:00-5:00pm	1 Lane available for lap swimming
	5:00-7:00pm	4 Lanes available for lap swimming
	7:00-9:00pm	2 Lanes available for lap swimming
Friday	6:00am-10:00am	6 Lanes available for lap swimming
	10:00-3:00pm	3 Lanes available for lap swimming
	3:00-5:00pm	1 Lane available for lap swimming
	5:00-7:00pm	4 Lanes available for lap swimming
	7:00-8:00pm	2 Lanes available for lap swimming
Saturday	10:00-4:50pm	3 Lanes available for lap swimming
Sunday	1:00-4:50pm	3 Lanes available for lap swimming

We ask our lap swimmers demonstrate the YMCA core values by being caring and respectful and sharing lanes if needed.