

## Canaan Family YMCA Fall/Winter/Spring Pool Schedule

### Lap Swim

**Individuals 13 years+ swimming continuous laps.**  
**These schedules are subject to change.**  
**Members are expected to share lanes during busy hours.**

<b>Monday:</b>	7:00AM - 8:30AM	4 Lanes
	8:30AM - 9:30AM	2 Lanes
	9:30AM - 7:45PM	4 Lanes
<b>Tuesday:</b>	7:00AM - 9:00AM	4 Lanes
	9:00AM - 10:00AM	2 Lanes
	10:00AM - 4:00PM	4 Lanes
	4:00PM - 5:00PM	2 Lanes
	5:00PM - 7:45PM	4 Lanes
<b>Wednesday:</b>	7:00AM - 8:30AM	4 Lanes
	8:30AM - 10:30AM	2 Lanes
	10:30AM - 7:45PM	4 Lanes
<b>Thursday:</b>	7:00AM - 9:00AM	4 Lanes
	9:00AM - 10:00AM	2 Lanes
	10:00AM - 4:00PM	4 Lanes
	4:00PM - 5:00PM	2 Lanes
	5:00PM - 7:45PM	4 Lanes
<b>Friday:</b>	7:00AM - 8:30AM	4 Lanes
	8:30AM - 9:30AM	2 Lanes
	9:30PM - 2:00PM	4 Lanes
<b>CLOSED</b>	<b>2:00PM - 4:00PM</b>	<b>CLOSED</b>
	4:00PM - 7:45PM	4 Lanes

### Weekend Hours

<b>Saturday</b>	7:00AM - 3:45PM	3 Lanes
<b>Sunday</b>	7:00AM - 3:45PM	3 Lanes

### Family/Open Swim

Open to adults and children. 1-3 lanes may be designated for lap swim, while other lanes will be open for non-lap.  
**Adult must accompany children under 13 years old.**

<b>Monday:</b>	3:30PM - 6:00PM	1 Lane
<b>Tuesday:</b>	4:30PM - 6:00PM	1 Lane
<b>Wednesday:</b>	3:30PM - 6:00PM	1 Lane
<b>Thursday:</b>	3:00PM - 5:00PM	1 Lane
<b>Friday:</b>	4:00PM - 6:00PM	1 Lane
<b>Saturday:</b>	<b>ALL DAY</b>	
<b>Sunday:</b>	<b>ALL DAY</b>	

**\*\* Additional Family/Open swim time during Public/School Holidays and Vacations\*\***