

Open Swim (Family Swim)

In the Large Pool:

Sunday	9:00 AM—4:30 PM	* one lane only
Monday	2:00 PM—3:30 PM 3:30 PM—4:55 PM* 4:55 PM—6:30 PM	
Tuesday	2:00 PM—3:30 PM 3:30 PM—4:55 PM* 4:55 PM—6:30 PM	
Wednesday	2:00 PM—3:30 PM 3:30 PM—4:55 PM* 4:55 PM—6:30 PM	
Thursday	2:00 PM—3:30 PM 3:30 PM—4:55 PM* 4:55 PM—6:30 PM	
Friday	2:00 PM—3:35 PM 3:35 PM—5:40 PM* 5:40 PM—9:00 PM	
Saturday	8:30 AM—11:40 AM* 11:40 AM—6:30 PM	

In the Small Pool:

Sunday	9:00 AM—4:30 PM	Thursday	9:00 AM—11:10 AM 1:15 PM—3:30 PM 6:00 PM—8:45 PM
Monday	9:30 AM—11:10 AM 2:30 PM—3:30 PM 4:50 PM—5:55 PM 7:00 PM—8:45 PM		
Tuesday	9:00 AM—11:10 AM 1:15 PM—3:35 PM 5:25 PM—8:45 PM	Friday	9:00 AM—11:10 AM 2:30 PM—3:30 PM 4:50 PM—8:45 PM
Wednesday	9:30 AM—11:10 AM 2:30 PM—3:30 PM 4:55 PM—5:55 PM 7:00 PM—8:45 PM	Saturday 8/28	Noon—6:30 PM



Inside

**Effective:
September 7 - 12, 2010**

**Lap Swim
Open Swim
Adult Open Swim
Therapy Swim**

**YMCA will be closed on Monday,
September 6th for Labor Day**

**Swim Team will resume on
September 13, 2010**

Updated: 9/02/2010

Hampshire Regional YMCA
286 Prospect Street • Northampton, MA • 01060
413.584.7086 • www.hrymca.org

Lap Swim— for swimmers doing continuous laps.

Sunday

Lanes available: 9:00 AM—4:45 PM — four lanes

Monday

Lanes available: 5:30 AM—9:05 AM — six lanes
9:05 AM—11:30 AM— 3-4 lanes
11:30 AM — 2:00 PM — six lanes
2:00 PM—3:30 PM — four lanes
3:30 PM—4:55 PM—3-4 lanes
4:55 PM—6:30 PM—four lanes
6:30 PM—9:15PM—six lanes

Tuesday

Lanes available: 5:30 AM—6:00 AM — six lanes
6:00 AM—7:00 AM—four lanes
9:05 AM—11:30 AM — 3-4 lanes
11:30 AM — 2:00 PM—six lanes
2:00 PM—3:30 PM—four lanes
3:30 PM—4:55 PM—3-4 lanes
4:55 PM—6:30 PM—four lanes
6:30 PM—9:15 PM— six lanes

Wednesday

Lanes available: 5:30 AM—9:05 AM — six lanes
9:05 AM—11:30 AM— 3-4 lanes
11:30 AM—2:00 PM — six lanes
2:00 PM—3:30 PM — four lanes
3:30 PM—4:55 PM—3-4 lanes
4:55 PM—6:30 PM—four lanes
6:30 PM—9:15 PM—six lanes

Thursday

Lanes available: 5:30 AM—6:00 AM — six lanes
6:00 AM—7:00 AM—four lanes
7:00 AM—9:05 AM—six lanes
9:05 AM—11:30 AM — 3-4 lanes
11:30 AM—2:00 PM — six lanes
2:00 PM—3:30 PM—four lanes
3:30 PM—4:55 PM —3-4 lanes
4:55 PM—6:30 Pm— four lanes
6:30 PM—9:15 PM—six lanes

Friday

Lanes available: 5:30 AM—9:05 AM — six lanes
9:05 AM—11:30 PM — 3-4 lanes
11:30 PM—2:00 PM — six lanes
2:00 PM—3:35 PM—four lanes
3:35 PM—5:40 PM—3-4 lanes
5:40 PM—9:00 PM—4 lanes
9:00 PM—9:15 PM—six lanes

Saturday

Lanes available: 8:30 AM—11:40 AM —3-4 lanes
11:40 AM—6:30 PM—4 lanes
6:30 PM—6:45 PM—six lanes**Adult Open Swim**

In the Large Pool:

Monday through Friday **10:15 AM—11:30 AM**

In the Small Pool:

Tuesdays and Thursdays **12:00 PM—1:15 PM****Therapy Swim— for adults doing self-guided therapy. Members only.**

In the Small Pool:

Mondays, Wednesdays, & Fridays **1:30 PM—2:30 PM**