



# POOL SCHEDULE

## McGRATH FAMILY YMCA OUTDOOR POOL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday				
<b>6:00AM</b>	Masters Swim (4) 6AM-7AM Lap Swim (6) 6AM-7AM		Masters Swim (4) 6AM-7AM Lap Swim (6) 6AM-7AM		Masters Swim (4) 6AM-7AM Lap Swim (6) 6AM-7AM						
<b>7:00AM</b>		Lap Swim (10) 6AM-10AM		Lap Swim (10) 6AM-10AM							
<b>8:00AM</b>	Lap Swim (10) 7AM-10AM										
<b>9:00AM</b>											
<b>10:00AM</b>		Family Swim (2) 10AM-7PM		Family Swim (2) 10AM-7PM			Lap Swim (10) 7AM-4:30PM  Lap Swim (8) 8AM-3PM Family Swim (2) 8AM-3PM				
<b>11:00AM</b>		Lap Swim (8) 10AM-12PM		Lap Swim (8) 10AM-12PM	Lap Swim (10) 8AM-3PM						
<b>12:00PM</b>	Family Swim (2) 10AM-7PM	Masters Swim (4) 12PM-1PM Lap Swim (4) 12PM-1PM	Family Swim (2) 10AM-7PM	Masters Swim (4) 12PM-1PM Lap Swim (4) 12PM-1PM					Lap Swim (10) 8AM-3PM		
<b>1:00PM</b>	Lap Swim (8) 10AM-4PM		Lap Swim (8) 10AM-4:30PM								
<b>2:00PM</b>		Lap Swim (8) 1PM-4:30PM		Lap Swim (8) 1:00-4:30PM							
<b>3:00PM</b>											
<b>4:00PM</b>											
<b>5:00PM</b>	Swim Team 4PM-7PM (4)	Swim Team 4:30PM-7PM (4)	Swim Team 4:30PM-7PM (4)	Swim Team 4:30PM-7PM (4)							Swim Team 4:30PM-7PM (4)
<b>6:00 PM</b>	Lap Swim (4) 4PM-7PM	Lap Swim (4) 4:30PM-7PM	Lap Swim (4) 4:30PM-7PM	Lap Swim (4) 4:30PM-7PM			Lap Swim (6) 4:30PM-7PM				
<b>7:00 PM</b>											
<b>NOTE:</b>	Please sign up for Text Alerts about the pool by texting "MGPOOL" and/or "MGWATERX" to 619-558-5388 including pool closures & hours!									Valid 08/29/2022	

\* Schedule subject to change



# POOL SCHEDULE

## McGRATH FAMILY YMCA

### COVERED POOL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>6:00AM</b>							
<b>7:00AM</b>		Lap Swim (6) 6AM-10AM	Lap Swim (6) 6AM-10AM	Lap Swim (6) 6AM-10AM	Lap Swim (6) 6AM-10AM		
<b>8:00AM</b>							
<b>9:00AM</b>							
<b>10:00AM</b>	Lap Swim (6) 6AM-3PM	Aqua Fit 10:15AM-11AM	Aqua Fit 10:15AM-11AM	Aqua Fit 10:15AM-11AM Hydro-Healing 11:15AM-12PM		Lap Swim (2) 8AM-1PM	Family Swim 8AM-3PM (3) Lap Swim (2) 8AM-3PM
<b>11:00AM</b>							
<b>12:00PM</b>			Lap Swim (6) 11AM-3PM	Lap Swim (6) 11AMP-3PM	Lap Swim (6) 12PM-3PM		
<b>1:00PM</b>						Lap Swim (4) 1PM-3PM	
<b>2:00PM</b>					Family Swim 10AM-7PM (3) Lap Swim 10AM-7PM (2)		
<b>3:00PM</b>							
<b>4:00PM</b>						<b>Notes:</b> <ul style="list-style-type: none"> <li>Due to increased program enrollments, fewer lap lanes may be available (refer to "(#)" next to lap swim times)</li> <li>Lap lanes must be shared</li> </ul>	
<b>5:00PM</b>	Lap Swim (2) 3PM-7PM	Lap Swim (2) 3AM-7PM	Lap Swim (2) 3PM-7PM	Lap Swim (2) 3PM-7PM			
<b>6:00PM</b>						<b>PINK BOXES:</b> <b>NO LAP SWIM</b>	
<b>7:00PM</b>							
<b>NOTE:</b>	Please sign up for Text Alerts about the pool by texting "MGPOOL" and/or "MGWATERX" to 619-558-5388 including pool closures & hours!					Valid 08/29/2022	

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