



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GRAHAM AQUATIC CENTER

LAP SWIM HOURS

Main Pool Schedule Sept. 5 – March 31 Multiple activities are often scheduled in this pool at the same time. Lap Swimming Times Available for all adult and youth able to do continuous laps of swimming. *Schedule is subject to change	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:30-9:30am Lap Swim	5:30-9:30am Lap Swim	5:30-9:30am Lap Swim	5:30-9:30am Lap Swim	5:30-9:30am Lap Swim	7:00-8:00am Lap Swim	CLOSED
	5:45-6:45am Swim Team	5:30-6:30am Masters Swim	5:45-6:45am Swim Team	5:30-6:30am Masters Swim	5:30-6:30am Masters Swim		
	5:30-6:30am Masters Swim	5:30-6:30am West York	5:30-6:30am Masters Swim	5:30-6:30am West York			
	11:30am-1:30pm Lap Swim	11:30am-1:30pm Lap Swim	11:30am-1:30pm Lap Swim	11:30am-1:30pm Lap Swim	11:30am-1:30pm Lap Swim	12:30pm-3:30pm Lap Swim	

**There will be no lap swim due to a swim meet on: 10/6-7, 11/18, 12/8-9, 1/12-13, 2/2-3 2/15-18, 2/23-24, 3/2, 3/8-9, 3/23-24

***West York begins 11/14

HOME OF THE YORK YMCA SWIM TEAM

Please visit the Nat pool at 90 N Newberry St for additional lap swim hours.

Nat Pool hours:

Monday – Friday 5:30am-1pm

Monday - Thursday 4pm-7:30pm

Friday 4pm-7:00pm

Saturday 7am-2:30pm

Sunday 1pm-4pm

Y swim teams are competitive programs focused on individual and team improvement in a positive environment. Our swim teams compete in USA Swimming through Mid-Atlantic Swimming. Novice and advanced swimmers participate in local, regional and in some cases, national swim meets. Team practice is held at the GAC.

Our swimmers, coaches and families follow the Y core values of caring, honesty, respect and responsibility, and although winning is not our main focus, members of our swim teams have enjoyed a great deal of success, including:

- US Olympic Medalist
- US Open Qualifiers
- Nationals Finalists
- USA Swimming Top 16
- Pennsylvania Swimming Top 5
- NCAA Division I Scholarship recipients

Arthur J Glatfelter YMCA

90 N Newberry St, York, PA 17401

P 717 843 7884 F 717 854 1857 rosesymca.org