



1/21/2025-03/20/2026	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
** These classes have a fee and must be register in advanced to take them. Propper swim wear is required. 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. Youth under 11 must have an adult in the pool area. Family/Open Swim: Recreational time for members and families to enjoy pool time. Children must follow swim band policy below. Swim Bands: Everyone under 13 must be swim tested. Green Band: Children under 11 years old must have a parent in pool area. Children ages 11 - 12, parent must be in building. Yellow Band: Parent must be on pool deck actively watching their child. Red Band: Parent must be in pool within arm's reach of child. *Schedule is subject to change.*	5:30-9:00am Lap Swim (lanes 1-4) Open Swim (lanes 5&6)	5:30am -2:00pm Lap Swim (lanes 1-4) Open Swim (lanes 5&6)	5:30-9:00am Lap Swim (lanes 1-4) Open Swim (lanes 5&6)	5:30am -1:00pm Lap Swim (lanes 1-4) Open Swim (lanes 5&6)	5:30-9:00am Lap Swim (lanes 1-4) Open Swim (lanes 5&6)	7:00-9:00am Lap Swim (lanes 1-4) Open Swim (lanes 5&6)	1:00-4:00pm Lap Swim (lanes 1-4) Open Swim (lanes 5&6)
	9:00-10:00am AOA Aquacise (lanes 5&6) Lap Swim (lanes 1-4)		9:00-10:00am AOA Aquacise (lanes 5&6) Lap Swim (lanes 1-4)		9:00-10:00am AOA Aquacise (lanes 5&6) Lap Swim (lanes 1-4)	9:00am-11:30am Lap Swim (lanes 1-4) **Swim Lessons (lanes 5&6)	
	10am-11:30am **Homeschool Swim (lanes 1)						
	10:00am-12:00pm Lap Swim (lanes 2-4) Water Walking (lanes 5&6)	11:00am-12:00pm WaterinMotion Orginal starting on February 10	10:00am-2:00pm Lap Swim (lanes 1-4) Water Walking (lanes 5&6)		10:00am-12:00pm Lap Swim (lanes 1-4) Open Swim (lanes 5&6)	11:30am-1:30pm Lap Swim (lanes 1-4) Open Swim (lanes 5&6)	Pool Hours: Monday - Wednesday 5:30am-2:00pm 4:00-7:30pm
	12:00-1:00pm Arthritis Aquatics (lanes 5&6) Lap Swim (lanes 1-4)		12:00-1:00pm Arthritis Aquatics (lanes 5&6) Lap Swim (lanes 1-4)		12:00-1:00pm Arthritis Aquatics (lanes 5&6) Lap Swim (lanes 1-4)		Thursday 5:30am-1:00pm 4:00pm-7:30pm
	1:00-2:00pm Lap Swimming (Lanes 1-4) Open Swim (lanes 5&6)		1:00-2:00pm Lap Swimming (Lanes 1-4) Open Swim (lanes 5&6)		1:00-2:00pm Lap Swimming (Lanes 1-4) Open Swim (lanes 5&6)		Friday: 5:30am-2:00pm 4:00pm-7:30pm
	Pool Closed 2:00-4:00pm	Pool Closed 2:00-4:00pm	Pool Closed 2:00-4:00pm	Pool Closed 1:00-4:00pm	Pool Closed 2:00-4:00pm		Saturday: 7:00am-1:30pm
	4:00-5:00pm Lap Swimming (lanes 1-4) Open Swim (lanes 5& 6)	4:00-5:30pm West York Swim Team (lanes 1-6) NO OPEN SWIM	4:00-5:00pm Lap Swimming (lanes 1-4) Open Swim (lanes 5& 6)	4:00-5:30pm West York Swim Team (lanes 1-6) NO OPEN SWIM	4:00-5:00pm Lap Swimming (lanes 1-4) Open Swim (lanes 5& 6)		Sunday: 1:00pm-4:00pm
		5:00-7:15pm **Swim Lessons (Lanes 5&6)	5:30-7:45pm ** Swim Lessons (lanes 5&6)				
	5:30-7:30pm RLAC Swim Team (lanes 1&2) Lap Swim (lanes 3&4) Open Swim (lanes 5&6)	5:30-7:30pm RLAC Swim Team (lanes 1&2) Lap Swim (lanes 3&4) Swim Lessons (lanes 5&6)	5:30-7:30pm RLAC Swim Team (lanes 1&2) Lap Swim (lanes 3&4) Swim Lessons (lanes 5&6)	5:30-7:30pm RLAC Swim Team (lanes 1&2) Lap Swim (lanes 3&4) Open Swim (lanes 5&6)	5:30-7:30pm RLAC Swim Team (lanes 1&2) Lap Swim (lanes 3&4) Open Swim (lanes 5&6)		Arthur J. Glatfilter YMCA 90 N. Newberry St. York, PA 17401 P: 717-843-7884 rosesymca.org