

Canaan Branch YMCA Pool Schedule

Lap Swim

For individuals 13 years and older swimming continuous laps. These schedules are subject to change. Members are expected to share lanes during busy hours.

Monday:

6:00AM	-	9:00AM	3 Lanes
9:00AM	-	11:00AM	1-2 Lanes
11:00AM	-	1:30PM	3 Lanes
1:30PM	-	3:30PM	CLOSED
3:30PM	-	7:45PM	1-2 Lanes

Tuesday:

7:30AM	-	10:00AM	3 Lanes
11:00AM	-	1:30PM	1-2 Lanes
1:30PM	-	3:30PM	CLOSED
3:30PM	-	4:00PM	3 Lanes
4:00PM	-	7:45PM	1-2 Lanes

Wednesday:

6:00AM	-	9:00AM	3 Lanes
9:00AM	-	10:00AM	1-2 Lanes
10:00AM	-	11:00AM	1 Lane
11:00AM	-	1:30PM	3 Lanes
1:30PM	-	3:30PM	CLOSED
3:30PM	-	7:45PM	1-2 Lanes

Thursday:

7:30AM	-	10:00AM	3 Lanes
10:00AM	-	1:30PM	1-2 Lanes
1:30PM	-	3:30PM	CLOSED
3:30PM	-	5:30PM	1 Lane

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 swimming. An adult must accompany children under the age of 13.

Monday:

12:00PM	-	1:30PM	
6:00PM	-	7:45PM	

Tuesday:

11:00AM	-	1:30PM	
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Wednesday:

12:00PM	-	1:30PM	
6:00PM	-	7:45PM	

Thursday:

11:00AM	-	1:30PM	
3:30PM	-	7:45PM	

Friday:

10:00AM	-	1:30PM	
3:30PM	-	7:45PM	

Saturday:

12:15PM	-	3:45PM	
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Sunday:

10:00AM	-	1:15PM	
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Adult Rec Swim

Open to Facility Members who are 18 years and older who wish to participate in non-lap swimming.

	5:30PM	-	7:45PM	1-2 Lanes
Friday:	6:30AM	-	9:00AM	3 Lanes
	9:00AM	-	10:00AM	1-2 Lanes
	10:00AM	-	1:30PM	3 Lanes
	1:30PM	-	3:30PM	CLOSED
	3:30PM	-	5:30PM	1 Lane
	5:30PM	-	7:45PM	1-2 Lanes
Saturday	7:00AM	-	8:30AM	4 Lanes
	8:30AM	-	9:00AM	1-2 Lanes
	9:00AM	-	9:30AM	CLOSED
	9:30AM	-	12:05PM	1 Lane
	12:05PM	-	2:15PM	1-2 Lanes
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Sunday	8:00AM	-	10:00AM	3 Lanes
	10:00AM	-	1:15PM	1-2 Lanes

Monday:	6:30AM	9:30AM
Tuesday:	7:30AM	10:00AM
Wednesday:	6:30AM	9:30AM
Thursday:	7:30AM	10:00AM
Friday:	6:30AM	9:30AM
Saturday	7:00AM	9:00AM
Sunday	8:00AM	10:00AM