



YMCA at Glen Cove 2025 Pool Schedule

ATTENTION YMCA AT GLEN COVE MEMBERS!

Week of February 17-23

MONDAY 17	TUESDAY 18	WEDNESDAY 19	THURSDAY 20	FRIDAY 21	SATURDAY 22	SUNDAY 23
ADULT LAP SWIM TIMES INDOOR POOL						
6am-4pm 4 Lap Lanes 2 Walk Jog s	6am-12pm 4 Lap Lanes 2 walk/jog 12-1pm 3 Lap Lanes NO Walk/Jog	6am-12pm 4 Lap Lanes 2 Walk/Jog 12-1pm 3 Lap Lanes NO Walk/Jog	6am-8am 4 Lap Lanes 2 walk/jog 8-9am Pool Closed 9am-12pm 4 Lap Lanes 2 Walk/Jog 12-1pm 4 Lap Lanes 2 Walk/Jog 12-1pm 3 Lap Lanes NO Walk/Jog	6am-12pm 4 Lap Lanes 2 Walk/Jog 12-1pm 3 Lap Lanes NO Walk/Jog 1-4pm 4 Lap Lanes 2 Walk/Jog	7am-9:15am 4 Lap Lanes 2 Walk/Jog 9:15-12pm 2 Lap Lanes Walk/jog Deep end only 12pm-2pm 3 Lap Lanes 2 walk/jog 2pm-3:45pm 4 Lap Lanes 2 Walk/Jog	7am-9:15am 4 Lap Lanes 2 Walk/Jog 9:15-1130am 3 Lap Lanes Walk/Jog *deep end only 11:30-3:45pm 4 Lap Lanes 2 Walk/jog
4pm-5:45pm 3 Lap Lanes Walk Jog * 5:45-6:30pm 2 Lap Lanes Walk Jog *deep end only	1-4pm 4 Lap Lanes 2 Walk/Jog 4-5:30pm 2 Lap Lanes Walk/Jog* *deep end only	1-4pm 4 Lap Lanes 2 Walk/Jog 4pm-5:30pm 3 lap Lanes Walk/Jog *deep end only	1-3:30pm 4 Lap Lanes 2 Walk/Jog 3:30-5:30 pm 3Lap Lanes Walk/Jog *Deep end only	4pm-5:30pm 4 lap Lanes Walk/Jog *deep end only	1:30pm-3:30pm Family Swim	1:30pm-3:30pm Family Swim
6:30pm-8:30pm 4 Lap Lanes 2 Walk Jog 6:30-8:30pm Family Swim	5:30-8:30pm 4 Lap Lanes 2 Walk/Jog 6:30-8:30pm Family Swim	5:30pm-8:30pm 4 Lap Lanes 2 Walk/Jog 6:30-8:30pm Family Swim	5:30-6:15pm 2 Lap Lanes 2 Walk/jog 6:30-8:30pm Family Swim	5:30-8:30pm 4 Lap Lanes 2 Walk/Jog 6:30pm-8:30pm Family Swim		