



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GRAHAM AQUATIC CENTER

## LAP SWIM HOURS

<b>Main Pool Schedule</b> <b>Aug 19– May 2, 2025</b> Multiple activities are often scheduled in this pool at the same time.  <b>Lap Swimming Times</b> Available for all adult and youth able to do continuous laps of swimming.  <b>*Schedule is subject to change</b>	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	5:30-9:30am Lap Swim		
	5:30-6:30am Masters Swim	5:30-6:30am Masters Swim	5:30-6:30am Masters Swim  Swim Team 5:45-6:45am	5:30-6:30am Masters Swim	5:30-6:30am Masters Swim	5:30-6:30am Masters Swim  Swim Team 5:45-6:45am	7:00-8:00am Lap Swim	CLOSED
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	11:30am-1:30pm Lap Swim	12:30pm-3:30pm Lap Swim		

No Lap Swim Due To Swim Meet:

Sept 27-28 Oct. 4-6, 12-13 Nov 23-24 Dec 13-15 Jan 18-19, 31 Feb 1-2, 15-18, 21-22 Mar 1-2, 7-9, 28-30

\*Masters meet on Dec 22. This meet is open to all swimmers 18 and older.\*

## 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 (Beginning Sept. 8)

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. Members of our swim teams have enjoyed a great deal of success, including:

- US Olympic Medalist
- US Open Qualifiers
- YMCA National Records
- USA Swimming Top 16
- Pennsylvania Swimming Top 5
- NCAA Division I, 2, and 3 Scholarship recipients

Arthur J Glatfelter YMCA

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