the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

INDOOR POOL SCHEDULE

Winter `17 / `18

	MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY			SUNDAY
	LAP SWIM	LESSONS	AQUATIC CLASSES	LAP SWIM	LESSONS	AQUATIC CLASSES	LAP SWIM	LESSONS	AQUATIC CLASSES	LAP SWIM	LESSONS	AQUATIC CLASSES	LAP SWIM	LESSONS	AQUATIC CLASSES	LAP SWIM	LESSONS	AQUATIC CLASSES	LAP SWIM
5:00 AM	Lap Swim 5—8AM			Lap Swim 5—8AM			Lap Swim 5—8AM			Lap Swim 5—8AM			Lap Swim 5—8AM						
6:00 AM																			
7:00 AM		Safe Start 7:30—11AM			Safe Start & Therapy (1 Lane) 7:30—10AM			Safe Start 7:30—11AM			Safe Start & Therapy (1 Lane) 7:30—10AM			Safe Start 7:30—11AM		Lap Swim (3 Lanes) & Rec. Swim 7—9:30AM			
8:00 AM	Lap Swim & Rec. Swim (2-3 Lanes) 8—10AM			Lap Swim & Rec. Swim (2-3 Lanes) 8—10AM			Lap Swim & Rec. Swim (2-3 Lanes) 8—10AM			Lap Swim & Rec. Swim (2-3 Lanes) 8—10AM			Lap Swim & Rec. Swim (2-3 Lanes) 8—10AM					AquaZumba 8—9AM	
9:00 AM			Deep Water Fitness 9—10AM			Deep Water Fitness 9—10AM			Deep Water Fitness 9—10AM						Deep Water Fitness 9AM—10AM			Swim Lessons 9AM—12:30PM	
10:00 AM			Shallow Water Fitness 10—11AM	Lap Swim & Rec. Swim (1-3 Lanes) 10—11AM		AquaZumba 10—11AM	Lap Swim & Rec. Swim (1-3 Lanes) 10—11AM		Shallow Water Fitness 10—11AM	Lap Swim & Rec. Swim (1-3 Lanes) 10—11AM	Therapy (1 Lane) 10—10:30AM		Lap Swim & Rec. Swim (1-3 Lanes) 10—11AM		Shallow Water Fitness 10AM—11AM	Lap Swim (2 Lanes) & Rec. Swim 9:30AM—12:30 PM			
11:00 AM	Lap Swim (3 Lanes) & Rec. Swim 11AM—2:15PM			Lap Swim (3 Lanes) & Rec. Swim 11AM—2:15PM			Lap Swim (3 Lanes) & Rec. Swim 11AM—2:15PM			Lap Swim (3 Lanes) & Rec. Swim 11AM—2:15PM		AquaZumba 10—11AM	Lap Swim (3 Lanes) & Rec. Swim 11AM—2:15PM						Lap Swim (3 Lanes) & Rec. Swim 12—5:30PM
12:00 PM																			
1:00 PM																			
2:00 PM			Shallow Water Fitness 2:15—3PM												Shallow Water Fitness 2:15—3PM				
3:00 PM	Lap Swim & Rec. Swim (3 Lanes) 3—9PM	Swim Lessons 3:30—6PM		Lap Swim & Rec. Swim (3 Lanes) 3—9PM	Developmental Swim Team 4—5PM		Lap Swim & Rec. Swim (3 Lanes) 3—9PM	Swim Lessons 3:30—6PM		Lap Swim & Rec. Swim (3 Lanes) 3—9PM	Developmental Swim Team 4—5PM		Lap Swim & Rec. Swim (3 Lanes) 3—8:30PM			Lap Swim (3 Lanes) & Rec. Swim 12:30—6:30PM			
4:00 PM																			
5:00 PM					Swim Lessons 5-6PM						Swim Lessons 5—6PM								
6:00 PM									Shallow Water Fitness 6—7PM			Aqua Zumba 6PM—7PM							
7:00 PM																			
8:00 PM																			
9:00 PM																			