

## 25 Yard Pool Schedule: September 9th – October 27th

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
Please remember the YMCA four core values: Honesty Respect Caring Responsibility	8:00–12:00PM (6) Lap Swim	5:30–9:45AM (6) Lap Swim	5:30–10:00AM (6) Lap Swim	5:30–9:45AM (6) Lap Swim	5:30–10:00AM (6) Lap Swim	5:30–9:45AM (6) Lap Swim	8:00–11:00AM (6) Lap Swim	
						9:00–9:45AM (2) Swim Lessons (4) Lap Swim		
25 Yard Pool is at 82 degrees. The shallow part of the pool is 3 1/2 ft. deep. Deepest part of the pool is 10 ft. deep.	12:00–3:00PM (2) Family swim (4) Lap Swim	9:45–10:30AM (4) Water Aerobics <b>(Marsha)</b> (2) Lap Swim	10:00–10:45AM (4) Open Water Swim Prep <b>(Adam)</b> (2) Lap Swim	9:45–10:30AM (4) Water Aerobics <b>(Marsha)</b> (2) Lap Swim	10:00–10:45AM (2) Family Swim (4) Lap Swim	9:45–10:30AM (4) Water Aerobics <b>(Marsha)</b> (2) Lap Swim	11:00–12:00PM (6) Swim Lessons (0) Lap Swim	
		10:30–4:00PM (6) Lap Swim	10:45–4:00PM (6) Lap Swim	10:30–4:00PM (6) Lap Swim	10:45–4:00PM (6) Lap Swim	10:30–4:00PM (6) Lap Swim	12:00–3:00PM (2) Family swim (4) Lap Lanes Open	
Therapy Pool is kept at 92 degrees and is 4ft 7in deep all around.	<b>THIS SCHEDULE IS SUBJECT TO CHANGE</b>	4:00–5:00PM (6) Swim Lessons (0) Lap Swim	4:00–5:00PM (6) Swim Lessons (0) Lap Swim	4:00–5:00PM (6) Swim Lessons (0) Lap Swim	4:00–5:00PM (6) Swim Lessons (0) Lap Swim	4:00–5:00PM (6) Swim Lessons (0) Lap Swim		
Please rinse off before entering the pool.		5:00–6:00PM (2) Family Swim (4) Lap Lanes Open	4:00–5:15PM (2) Family Swim (4) Lap Swim	5:00–6:00PM (2) Family Swim (4) Lap Lanes Open	4:00–5:15PM (2) Family Swim (4) Lap Swim	5:00–6:00PM (2) Family Swim (4) Lap Lanes Open	4:00–5:15PM (2) Family Swim (4) Lap Swim	
Lap swimmers are encouraged to check with the lifeguard before beginning their workout. When demands exceeds normal capacity swimmers may be asked to circle swim.		6:00–7:30PM (6) Swim Lessons (0) Lap Swim	5:15–5:45PM (3) Deep Water Aerobics <b>(Tammy)</b> (3) Lap Swim	6:00–7:30PM (6) Swim Lessons (0) Lap Swim	5:15–5:45PM (3) Deep Water Aerobics <b>(Tammy)</b> (3) Lap Swim	6:00–7:30PM (6) Swim Lessons (0) Lap Swim	5:15–5:45PM (3) Deep Water Aerobics <b>(Tammy)</b> (3) Lap Swim	4:00–8:30PM (2) Family Swim (4) Lap Swim
		7:30–8:30PM (2) Family Swim (4) Lap Lanes Open	5:45–8:30PM (2) Family Swim (4) Lap Swim	7:30–8:30PM (2) Family Swim (4) Lap Lanes Open	5:45–8:30PM (2) Family Swim (4) Lap Swim	7:30–8:30PM (2) Family Swim (4) Lap Lanes Open	5:45–8:30PM (2) Family Swim (4) Lap Swim	



# Therapy Pool Schedule: September 9th – October 27th

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00–12:00PM Family Swim	5:30–6:15AM Adult Swim	5:30–9:00AM Adult Swim	5:30–6:15AM Adult Swim	5:30–9:00AM Adult Swim	5:30–6:15AM Adult Swim	8:00–8:30AM Adult Swim
	6:15–7:00AM Water Aerobics (Cathy)		6:15–7:00AM Water Aerobics (Lynn)		6:15–7:00AM Water Aerobics (Cathy)	8:30–9:00AM Aerobic Stretches– Full Body (Lesa)
	7:00–7:30AM Adult Swim	9:00–9:30AM Aerobic Stretches – Lower Body (Lifeguard)	7:00–7:30AM Adult Swim	9:00–9:30AM Aerobic Stretches – Upper Body (Lifeguard)	7:00–7:30AM Adult Swim	9:00–10:00AM Water Aerobics (Lesa)
	7:30–8:15AM Water Aerobics (Ronda)	9:30–11:00AM Family Swim	7:30–8:15AM Water Aerobics (Ronda)	9:30–11:00AM Family Swim	7:30–8:15AM Water Aerobics (Ronda)	10:00–11:00AM Swim Lessons
	8:15–9:00AM Adult Swim		8:15–9:00AM Adult Swim		8:15–9:00AM Adult Swim	11:00–12:00PM Family Swim
12:00–2:00PM Adult Swim	9:00–9:45AM Twinges and Hinges (Marsha)	11:00–11:45AM Twinges and Hinges (Lifeguard)	9:00–9:45AM Twinges and Hinges (Marsha)	11:00–11:45AM Twinges and Hinges (Lifeguard)	9:00–9:45AM Twinges and Hinges (Marsha)	12:00–2:00PM Adult Swim
	9:45–11:00AM Family Swim	11:45–2:00PM Adult Swim	9:45–11:00AM Family Swim	11:45–2:00PM Adult Swim	9:45–11:00AM Family Swim	
		2:00–3:30PM Family swim		2:00–3:30PM Family swim		
2:00–3:00PM Family Swim	11:00–11:45AM Twinges and Hinges (Lifeguard)	3:30–4:00PM Adult Swim	11:00–11:45AM Twinges and Hinges (Lifeguard)	3:30–4:00PM Adult Swim	11:00–11:45AM Twinges and Hinges (Lifeguard)	2:00–3:00PM Family Swim
	11:45–2:00PM Adult Swim	4:00–5:00PM Water Aerobics (Marigene)	11:45–2:00PM Adult Swim	4:00–5:00PM Water Aerobics (Marigene)	11:45–2:00PM Adult Swim	
<b>THIS SCHEDULE IS SUBJECT TO CHANGE</b>	2:00–4:45PM Family swim	5:00–6:00PM Family Swim	2:00–4:45PM Family swim	5:00–6:00PM Family Swim	2:00–8:30PM Family swim	
	4:45–5:30PM Swim Lessons	6:00–7:00PM Water Aerobics (Barb)	4:45–5:30PM Swim Lessons	6:00–7:00PM Water Aerobics (Carrie)		
	5:30–6:30PM Water Aerobics (Carrie)	7:00–7:45PM Pre-Natal Class (Deb)	5:30–6:30PM Water Aerobics (Cathy)	7:00–7:45PM Pre-Natal Class (Deb)		
	6:30–7:30PM Swim Lessons	7:45–8:30PM Family swim	6:30–7:30PM Swim Lessons	7:45–8:30PM Family swim		
	7:30–8:30PM Family swim		7:30–8:30PM Family swim			