



We build strong kids, strong families, strong communities.

# Lap Pool Schedule

January 4<sup>th</sup> - May 2<sup>nd</sup>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					Partner Water Circuit 7:00-8:00	
Water Aerobics 8:00 -9:00	Silver Splash 8:00 -9:00	Water Aerobics 8:00 -9:00	Silver Splash 8:00 -9:00	Water Aerobics 8:00 -9:00		
					Adaptive Swim Lesson 9:45 - 10:30	
					School Age Lesson 9:45 - 10:30	
					School Age Lesson 10:30 - 11:15	
					School Age Lesson 11:15 - 12:00	
					Family Swim 12:00 - 3:00	
						Family Swim 2:00 - 5:00
School Age Lesson 4:30 - 5:15	Water Exercise 4:15 - 5:15		Water Exercise 4:15-5:15			
School Age Lesson 5:15 - 6:00	School Age Lesson 5:15 - 6:00	School Age Lesson 5:15 - 6:00	School Age Lesson 5:15 - 6:00			
Teen/Adult Swim Lessons 6:00 - 6:45	Adaptive Swim & School Age Lesson 6:00 - 6:45	Water Aerobics 6:15 - 7:15	School Age Lesson 6:00 - 6:45			
Water Aerobics 6:15 - 7:15			Triathlon Class 6:00 - 7:00			

\* Class times subject to change

Pool is open during all facility hours. Lap lanes and open swim will always be available. Pool will be busier during the designated class times.

## HOURS

Monday - Friday 5:00 am - 9:00 pm  
 Saturday 6:00 am - 5:00 pm  
 Sunday 9:00 am - 5:00 pm

Last revised - 1/5/10

# Instructional Pool Schedule



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January 4<sup>th</sup> - May 2<sup>nd</sup>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Arthritis Foundation Aqua Aerobics 7:00 - 8:00		Arthritis Foundation Aqua Aerobics 7:00 - 8:00		
	Arthritis Foundation Aqua Aerobics 8:00 - 9:00	Open Swim 8:00 - 9:00	Arthritis Foundation Aqua Aerobics 8:00 - 9:00	Open Swim 8:00 - 9:00	Arthritis Foundation 8:00 - 9:00	Open Swim 8:00 - 9:00
	Open Swim 9:00 - 10:00	Parent/Child 9:00 - 9:45	Library Square School 9:30 - 10:30	Home School Swim 9:00 - 10:00	YMCA Preschool 9:30 - 10:30	Adaptive Swim & Parent / Child 9:00 - 9:45
	Dance, Tumble, Swim 10:00 - 10:30	Preschool Lessons 9:45 - 10:30	Open Swim 10:30 - 11:00	Dance, Tumble, Swim 10:00 - 10:30		Preschool Lessons 9:45 - 10:30
		Water Pi-Yo-Chi 10:30 - 11:30		Water Pi-Yo-Chi 10:30 - 11:30		Preschool Lessons 10:30 - 11:15
	Arthritis Foundation Aqua Aerobics 11:00 - 12:00	Open Swim 11:30 - 1:00	Arthritis Foundation Aqua Aerobics 11:00 - 12:00	Open Swim 11:30 - 1:00	Arthritis Foundation Aqua Aerobics 11:00 - 12:00	Preschool Lessons 11:15 - 12:00
	Open Swim 12:00 - 1:00		Open Swim 12:00 - 1:00		Open Swim 12:00 - 1:00	Family Swim 12:00 - 3:00
Family Swim 2:00 - 5:00	Pool Closed 1:00 - 4:00	Pool Closed 1:00 - 4:00	Pool Closed 1:00 - 4:00	Pool Closed 1:00 - 4:00	Pool Closed 1:00 - 4:00	
		Open Swim 4:00 - 4:30				
	Open Swim 4:00 - 5:00	Adaptive Swim & Parent/Child Swim Lessons 4:30 - 5:15	Open Swim 4:00 - 5:00	Open Swim 4:00 - 5:00	Open Swim 4:00 - 5:00	
	Preschool Swim Lessons 5:15 - 6:00	Preschool Swim Lessons 5:15 - 6:00	Preschool Swim Lessons 5:15 - 6:00	Preschool Swim Lessons 5:15 - 6:00		
	Parent / Child Lessons 6:00 - 6:45	Preschool Swim Lessons 6:00 - 6:45	Parent / Child Lessons 6:00 - 6:45	Preschool Swim Lessons 6:00 - 6:45		
	Arthritis Foundation Aqua Aerobics 7:00 - 8:00	Family Swim 7:00 - 9:00	Arthritis Foundation Aqua Aerobics 7:00 - 8:00	Family Swim 7:00 - 9:00	Family Swim 7:00 - 9:00	
	Open Swim 8:00 - 9:00		Open Swim 8:00 - 9:00			

\* Class schedule subject to change

**Open swimming is also available during class times.**