



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POOL SCHEDULE

YMCA OF LENAWEE COUNTY

Pool Schedule	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
March 2019							
Schedule Begins March 1, 2019.		5:30-8:50am Adult Lane Swim	5:30-9:25am Adult Lane Swim	5:30-8:50am Adult Lane Swim	5:30-9:25am Adult Lane Swim	5:30-8:50am Adult Lane Swim	
Schedule is subject to change.		9:00-10:00am Deep Water Aerobics	9:35-10:30am Open Water Exercise	9:00-10:00am Deep Water Aerobics	9:35-10:30am Open Water Exercise	9:00-10:00am Deep Water Aerobics	8:00-9:30am Lane Swim
We reserve the right to conduct		10:05-11:30am Open Water Exercise	10:30-11:30am Aquacise	10:05-11:30am Open Water Exercise	10:30-11:30am Aquacise	10:05-12:00pm Open Water Exercise	9:30-12:00pm Swim Lessons
Private swim lessons, lifeguard training,		11:30-12:25pm Arthritic Aquacise	11:30-12:25pm Open Water Exercise	11:30-12:25pm Arthritic Aquacise	11:30-12:25pm Open Water Exercise		
and safety drills at any time.	12:30-2:00pm Lane Swim	12:35-1:30pm Adult Lane Swim	12:35-1:30pm Adult Lane Swim	12:35-1:30pm Adult Lane Swim	12:35-1:30pm Adult Lane Swim	12:00-1:25pm Adult Lane Swim	12:00-1:30pm Lane Swim
	2:00-3:45pm Open Swim	1:30-2:30pm LINC				1:35-2:30pm LINC	1:40-3:45pm Open Swim
		3:00-4:00pm Special Olympics					
		4:30-6:00pm Open Swim	4:30-5:45pm Lane Swim	4:30-6:00pm Open Swim	4:30-5:45pm Lane Swim	4:30-5:15pm Lane Swim	
		6:00-7:00pm Deep & Shallow Water Cardio	5:45-7:30pm Swim Lessons	6:00-7:00pm Deep & Shallow Water Cardio	5:45-7:30pm Swim Lessons	5:15-7:00pm Open Swim	
		7:00-7:55pm Lane Swim	7:40-8:45pm Open Swim	7:00-7:55pm Lane Swim	7:40-8:45pm Open Swim	7:00-7:45pm Lane Swim	
		8:05-8:45pm Open Swim		8:05-8:45pm Open Swim			

