

POOL SCHEDULE— January 3 through June 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 - 8:30 a.m. Adult Lane Swim					8:00 - 9:15 a.m. Adult Lane Swim
8:30 - 9:30 a.m. Adult Lane Swim	8:30 - 9:15 a.m. Adult Lane Swim	8:30 - 9:30 a.m. Adult Lane Swim	8:30 - 9:15 a.m. Adult Lane Swim	8:30 - 9:30 a.m. Adult Lane Swim	9:15 - 12:00 p.m. Preschool and Progressive Swimming Lessons
9:30 - 10:15 a.m. Y Preschool	9:30 - 10:30 a.m. Open Water Exercise	9:30 - 10:15 a.m. Y Preschool	9:30 - 10:30 a.m. Open Water Exercise	9:30 - 10:15 a.m. Y Preschool	
10:30 - 11:30 a.m. Open Water Exercise	10:30 - 11:30 a.m. Aquacise	10:30 - 11:30 a.m. Open Water Exercise	10:30 - 11:30 a.m. Aquacise	10:30 - 11:30 a.m. Open Water Exercise	12:00 - 1:30 p.m. Adult Lap Swim
11:30 - 12:30 p.m. Arthritic Aquacise	11:30 - 12:30 p.m. Arthritic Aquacise	11:30 - 12:30 p.m. Arthritic Aquacise	11:30 - 12:30 p.m. Arthritic Aquacise	11:30 - 12:30 p.m. Mom & Tot Swim	
12:30 - 1:30 p.m. Adult Lap Swim					1:30 - 4:30 p.m. Family Swim
				1:30 - 2:30 p.m. LINC Swim	4:30 - 6:30 p.m. Open Swim
4:00 - 6:00 p.m. Private Swim Lessons	4:15 - 5:30 p.m. Adult Lap Swim	4:15 - 6:00 p.m. Open Swim	4:15 - 5:30 p.m. Adult Lap Swim	4:00 - 5:45 p.m. Private Swim Lessons	
6:00 - 7:00 p.m. Deep Water & Cardio Aquacise	5:45 - 7:00 p.m. Progressive Swim Lessons	6:00 - 7:00 p.m. Deep Water & Cardio Aquacise	5:30 - 7:15 p.m. Progressive Swim Lessons	5:45 - 6:45 p.m. Open Swim	1:15 - 2:15 p.m. Adult Lap Swim
7:00 - 8:00 p.m. Adult Lap Swim	7:00 - 9:00 p.m.	7:00 - 8:00 p.m. Adult Lap Swim	7:15 - 9:00 p.m. Open Swim	6:45 - 8:00 p.m. Adult Lap Swim	2:15 - 3:30 p.m. Family Swim
8:00 - 9:00 p.m. Open Swim	Family Swim	8:00 - 9:00 p.m. Open Swim			3:30 - 4:45 p.m. Open Swim

The YMCA reserves the right to revise the pool schedule, based on programming needs and usage patterns. Changes will be posted at the Member Service desk, on gym doors, and on locker room doors.