

North Pool (Water Temp 87° - 89°)

* SPRING SCHEDULE AVAILABLE AT THE WELCOME DESK

SUMMER SCHEDULE**JUNE 14 - SEPTEMBER 6, 2010**

We build strong kids, strong families, strong communities.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5 am	Adult Swim/Lap (1 lane 5:15 - 8:55)						
6 am	Water Exercise 6 - 6:45	Adult Swim/Lap	Water Exercise 6 - 6:45	Adult Swim/Lap	Water Exercise 6 - 6:45		
7 am	Adult Swim/Lap (1 lane) 5:15 - 8:55						
8 am						Water Safety Classes 8:00 - 9:00	
9 am	Swim Instruction 9-11	Swim Instruction	Swim Instruction 9-11	Swim Instruction	Family Swim 9:00 - 10:30	Swim Instruction 9-11	
10 am		Water Exercise 10:15 - 11:00		Water Exercise 10:15 - 11:00	Y Child Care 10:30 - 11:00	Family Swim 10:00 - 11:00 one lane swim lessons	
11 am	Private Lesson (1 lane) (11 - 11:30)	Lesson/Adult Lap/Swim (1 lane) 11 - 11:45	Adult Lap/Swim	Lesson/Adult Lap/Swim (1 lane) 11 - 11:45	Private Lesson (11 - 11:30)	Adult Swim 11-12:30	
12 pm	Water Yoga 12:30 - 1:10	Water Exercise 12:30 - 1:15	Water Yoga 12:30 - 1:10	Water Exercise 12:30 - 1:15	Rental 12:30 - 1:10	Members Open 12:30 - 1:30	Adult Swim 12 - 1:30 1 lane 12:45 - 1:30
1 pm	Water Exercise 1:15 - 2:00	Swim Instruction 1:15 - 2:45	Water Exercise 1:15 - 2:00	Swim Instruction 1:15 - 2:45	Water Exercise 1:15 - 2:00	Community Swim 1:30 - 3:30	Community Swim 1:30 - 3:30
2 pm	YMCA Summer Care 2-3	VA Rental	YMCA Summer Care 2-3	VA Rental	YMCA Summer Care 2-3		
3 pm		2:45 - 3:30		2:45 - 3:30		Rental 3:45 - 5:45	Rental 3:45 - 4:45
4 pm	Community Swim 3:15 - 6:00	Community Swim 3:30 - 6:00	Community Swim 3:15 - 6:00	Community Swim 3:30 - 6:00	Community Swim 3:15 - 6:00		
6 pm	Water Exercise 6:00 - 7:00	Swim Instruction 6:00 - 8:00	Water Exercise 6:00 - 7:00	Swim Instruction 6:00 - 8:00	Community Family Swim 6:05 - 8:00	Member Family Swim 6:00 - 7:45	
7 pm	Community Family Swim 7:00 - 8:00		Community Family Swim 7:00 - 8:00				
8 pm	Community Swim 8:00 - 9:00		Community Swim 8:00 - 9:00 pm				

SCHEDULE SUBJECT TO CHANGE TO MEET THE NEEDS OF OUR MEMBERS.

During ALL FAMILY SWIM TIMES, all children must be accompanied by parent/guardian.

Any swimmer under 8 years of age MUST have an adult accompany them into the pools.

All non-swimmers MUST have an adult accompany them into the pools.

Lane lines pulled 5 minutes prior to an exercise class.

COMMUNITY SWIMS ARE AT A REDUCED RATE FOR ACCESS TO SWIMMING POOL ONLY.

CLEANSING SHOWERS are required before entering pools.



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South Pool (Water Temp 82° - 84°)

* SPRING SCHEDULE AVAILABLE AT THE WELCOME DESK

SUMMER SCHEDULE

JUNE 14 - SEPTEMBER 6, 2010

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15 am	Adult Lap Swim 5:15 - 1:30 pm						
6 am							
7 am							
8 am	Water Aerobics (4 lanes)	Water Aerobics (4 lanes)	Water Aerobics (4 lanes)	Water Aerobics (4 lanes)	Water Aerobics (4 lanes)	Masters Competitive Swim 8:05 - 9:30	
9 am	Member Open Lap (5 lanes) 1 lane walking						
10 am	Water Exercise 10-11 (4 lanes)	Member Open lap 9-11 (6 lanes)	Water Exercise 10-11 (4 lanes)	Member Open lap 9-11 (6 lanes)	Water Exercise 10-11 (4 lanes)	Open lap 9:30 - 1:30	
11 am	Member Open Lap 11:00 - 12:30						
12 pm	Adult Lap Swim 12:30 - 1:10					RENTAL 1:30 - 3:30	Adult Lap Swim 12 - 1:30
1 pm	Adult Lap 1:15 - 2:00	Family Lap 1:15 - 3:00	Adult Lap 1:15 - 2:00	Family Lap 1:15 - 3:00	Adult Lap 1:15 - 2:00		RENTAL 1:30 - 3:30
2 pm	Water Exercise 2:05 - 3:05		Water Exercise 2:05 - 3:05		Water Exercise 2:05 - 3:05		
3 pm	Community Swim 3:15 - 5:30 pm					Community Lap Swim 3:30 - 5:45	Community Lap Swim 3:35 - 4:45
4 pm							
5:30	Water Exercise 5:30 - 6:15	Water Exercise 5:30 - 6:15	Water Exercise 5:30 - 6:15	Water Exercise 5:30 - 6:15	Adult Lap Swim	Member Only Lap Swim 6:00 - 7:45	
6 pm	Adult lap 5:30 - 6:55						
6:30	Family Lap 6:30 - 6:55						
7 pm	7:00 - 9:00 Community Swim						
8 pm	1 lane lap <<<depends on the number of swimmers>>> 1 lane lap					RENTAL	
9 pm	9:05 - 9:45	Community Lap Swim 9:05 - 9:45 pm					

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During ALL FAMILY TIMES, including Family Lap swim all children must be accompanied by parent/guardian.

Any swimmer under 8 years of age MUST have an adult accompany them into the pools.

All non-swimmers MUST have an adult accompany them into the pools.

Lane lines pulled 5 minutes prior to an exercise class.

COMMUNITY SWIMS ARE AT A REDUCED RATE FOR ACCESS TO SWIMMING POOL ONLY.

CLEANSING SHOWERS are required before entering pools.

**YMCA
PartnerSports
Camp
July 9 - 22**