

North Pool (Water Temp 87° - 89°)



December 21 - June 13, 2010

4/14/10

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)					CLOSED	CLOSED
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					Water Safety Classes 8:00 - 9:00	
8 am							
9 am	School Rental 9-11	Swim Instruction	School Rental 9-11	Swim Instruction	Family Swim 9:00 - 10:00	Swim Instruction 9-11	
10 am		Water Exercise 10:15 - 11:00		Water Exercise 10:15 - 11:00	Y Child Care 10:00 - 11:00	Family Swim 10:00 - 11:00 one lane swim lessons	
11 am	Private Lesson (11 - 11:30)	1 lane line 11 - 11:45	Lesson/Adult Lap/Swim Adult Lap/Swim 11:00 - 12:30	1 lane line 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	
1 pm	Water Exercise 1:15 - 2:00	School Rental 1:20 - 2:40	Water Exercise 1:15 - 2:00	School Rental 1:20 - 2:40	Water Exercise 1:15 - 2:00	Community Swim 1:30 - 3:30	Community Swim 1:30 - 3:30
2 pm	School Rental 2:05 - 2:45		School Rental 2:05 - 2:45		School Rental 2:05 - 2:45		
3 pm	Community Swim 3:30 - 5:00	VA Rental 2:40 - 3:25	Community Swim 3:30 - 5:00	VA Rental 2:40 - 3:25	Community Swim 3:30 - 5:00		
4 pm	Swim Team 4-5 2 lanes	Swim Instructions 3:30 - 8:00	Swim Team 4-5 2 lanes	Swim Instructions 3:30 - 8:00	Swim Team 4-5 2 lanes	3:45 - 5:45 Rental	Rental 3:45 - 4:45
5 pm	Swim Team		Swim Team		Swim Team		
6 pm	Water Exercise 6:00 - 7:00		Water Exercise 6:00 - 7:00		Community Family Swim 6:05 - 8:00	Member Family Swim 6:00 - 7:45	CLOSED
7 pm	Community Family Swim 7:00 - 8:00	Community Family Swim 7:00 - 8:00					
8 pm	Community Swim 8-9	Water Safety Instruction 8-9:45	Community Swim 8-9	Water Safety Instruction 8-9:45	Community Swim 8-9	CLOSED	
9 pm	CLOSED		CLOSED		CLOSED		

● Member Adult Swim/Adult Lap Swim
 ● Water Exercise/Water Wellness
 ● Swim Instructions
● Swim Team
 ● Member Family Swim
 ● Community Swim
 ● Pool Not Available

For information, call 440-YMCA ext. 200 or visit our website: www.ymcaofdouglascounty.org