



25 Yard Pool Schedule: August 22nd – September 8th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30–9:45AM (6) Lap Swim	5:30–10:00AM (6) Lap Swim	5:30–9:45AM (6) Lap Swim	5:30–10:00AM (6) Lap Swim	5:30–9:45AM (6) Lap Swim	8:00–12:00PM (6) Lap Swim	8:00–12:00PM (6) Lap Swim
9:45–10:30AM (4) Water Aerobics (Marsha) (2) Lap Swim	10:00–10:45AM (4) Open Water Swim Prep (Adam) (2) Lap Swim	9:45–10:30AM (4) Water Aerobics (Marsha) (2) Lap Swim	10:00–10:45AM (2) Family Swim (4) Lap Swim	9:45–10:30AM (4) Water Aerobics (Marsha) (2) Lap Swim	12:00–3:00PM (2) Family swim (4) Lap Swim	12:00–3:00PM (2) Family swim (4) Lap Swim
10:30–4:00PM (6) Lap Swim	10:45–4:00PM (6) Lap Swim	10:30–4:00PM (6) Lap Swim	10:45–4:00PM (6) Lap Swim	10:30–4:00PM (6) Lap Swim	<p>25 Yard Pool Policies: Please rinse off before entering the pool.</p> <p>Numbers in () indicate the number of lanes available for the activity listed.</p> <p>25 Yard Pool is kept at 82 degrees.</p> <p>Shallow part of the pool is 3 1/2 ft. deep. Deepest part of the pool is 10 ft. deep.</p> <p>YMCA is closed Monday September 3rd.</p> 	
4:00–8:30PM (2) Family Swim (4) Lap Swim	4:00–5:15PM (2) Family Swim (4) Lap Swim	4:00–8:30PM (2) Family Swim (4) Lap Swim	4:00–5:15PM (2) Family Swim (4) Lap Swim	4:00–8:30PM (2) Family Swim (4) Lap Swim		
	5:15–5:45PM (3) Deep Water Aerobics (Tammy) (3) Lap Swim		5:15–5:45PM (3) Deep Water Aerobics (Tammy) (3) Lap Swim			
	5:45–8:30PM (2) Family Swim (4) Lap Swim		5:45–8:30PM (2) Family Swim (4) Lap Swim			



Therapy Pool Schedule: August 22nd - September 8th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
5:30-6:15AM Adult Swim	5:30-9:00AM Adult Swim	5:30-6:15AM Adult Swim	5:30-9:00AM Adult Swim	5:30-6:15AM Adult Swim	8:00-8:30AM Adult Swim	8:00-12:00PM Family Swim	
6:15-7:00AM Water Aerobics (Cathy)		6:15-7:00AM Water Aerobics (Lynn)		6:15-7:00AM Water Aerobics (Cathy)	8:30-9:00AM Aerobic Stretches- Full Body (Lesia)		
7:00-7:30AM Adult Swim	9:00-9:30AM Aerobic Stretches - Lower Body (Lifeguard)	7:00-7:30AM Adult Swim	9:00-9:30AM Aerobic Stretches - Upper Body (Lifeguard)	7:00-7:30AM Adult Swim	9:00-10:00AM Water Aerobics (Lesia)		
7:30-8:15AM Water Aerobics (Ronda)	9:30-11:00AM Family Swim	7:30-8:15AM Water Aerobics (Ronda)	9:30-11:00AM Family Swim	7:30-8:15AM Water Aerobics (Ronda)	10:00-12:00PM Family Swim		
8:15-9:00AM Adult Swim		8:15-9:00AM Adult Swim		8:15-9:00AM Adult Swim			
9:00-9:45AM Twinges and Hinges (Marsha)	11:00-11:45AM Twinges and Hinges (Lifeguard)	9:00-9:45AM Twinges and Hinges (Marsha)	11:00-11:45AM Twinges and Hinges (Lifeguard)	9:00-9:45AM Twinges and Hinges (Marsha)	12:00-2:00PM Adult Swim		12:00-2:00PM Adult Swim
9:45-11:00AM Family Swim	11:45-2:00PM Adult Swim	9:45-11:00AM Family Swim	11:45-2:00PM Adult Swim	9:45-11:00AM Family Swim			
11:00-11:45AM Twinges and Hinges (Lifeguard)	2:00-3:30PM Family swim	11:00-11:45AM Twinges and Hinges (Lifeguard)	11:00-11:45AM Twinges and Hinges (Lifeguard)	11:00-11:45AM Twinges and Hinges (Lifeguard)	2:00-3:00PM Family Swim		2:00-3:00PM Family Swim
11:45-2:00PM Adult Swim	3:30-4:00PM Adult Swim					3:30-4:00PM Adult Swim	
2:00-5:30PM Family swim	4:00-5:00PM Water Aerobics (Marigene)	11:45-2:00PM Adult Swim	4:00-5:00PM Water Aerobics (Marigene)	11:45-2:00PM Adult Swim	2:00-8:30PM Family swim	<p>Therapy Pool Policies: All aerobics classes are family friendly, children 10 and older may attend and participate with an adult present.</p> <p>Only persons over the age of 18 are allowed to swim during adult swim times.</p> <p>Therapy Pool is kept at 92 degrees and is 4ft 7in deep all around.</p>	
5:30-6:30PM Water Aerobics (Carrie)	5:00-6:00PM Family Swim	2:00-5:30PM Family swim	5:00-6:00PM Family Swim	6:00-7:00PM Water Aerobics (Carrie)			
	6:00-7:00PM Water Aerobics (Barb)		6:00-7:00PM Water Aerobics (Carrie)				
6:30-8:30PM Family swim	7:00-7:45PM Pre-Natal Class (Deb)	5:30-6:30PM Water Aerobics (Cathy)	7:00-7:45PM Pre-Natal Class (Deb)				
	7:45-8:30PM Family swim	6:30-8:30PM Family swim	7:45-8:30PM Family swim				