



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POOL SCHEDULE

DOWNTOWN FAMILY YMCA

	Adult Lap (open laps)	Open Swim	After School Program	Water Fitness Classes	Swimming Lessons & Swim Team
Monday	5a-7a(6) 7a-11a(3-4) 11a-5p(2-3) 5p-8:45p(4-5)	1p-5:15p		7a-7:45a Aquacise 11a-11:45a Aqua Joints 530p-6:15p Aqua Muscle	8:30a-10a(CDC Lessons)
Tuesday	5a-7a (6) 7a-11a (3-4) 11a-1p (2-3) 5p-8p (0) 8p-845p (3-5)	1p-5:15p	4:30p-5:30p	7a-7:45a Aquacise 11a-11:45a Aqua Joints 530p-6:15p Aqua Muscle	8:30a-10a(CDC Lessons) Fall Swim Lessons
Wednesday	5a-7a (6) 7a-11a (3-4) 11a-5p (2-3) 5p-630p (3-4) 630p-730p (1-2) 730p-845p (3-4)	1p-5:15p		7a-7:45a Aquacise 11a-11:45a Aqua Joints 530p-6:15p Aqua Muscle	8:30a-10a(CDC Lessons) 6:30p-7:30p Downtown Swim Team(2-3)
Thursday	5a-7a (6) 7a-11a (3-4) 11a-5p (2-3) 5p-8p (0) 8p-845p (3-5)	1p-5:15p	4:30p-5:30p	7a-7:45a Aquacise 11a-11:45a Aqua Joints 530p-6:15p Aqua Muscle	8:30a-10a(CDC Lessons) Fall Swim Lessons
Friday	5a-11a (4-5) 11a-1p (3) 1p-630p (3-4) 630p-730p (1-2) 730p-845p (3-4)	1p-8:45p		7a-7:45a Aquacise 11a-11:45a Aqua Joints	6:30p-7:30p Downtown Swim Team(2-3)
Saturday	6a-850a (6) From 850-11 no lanes open 11a-130p (2) 130p-445p (4-5)	1:30p-5:45p			9a-11a Fall Swim Lessons 11:30a-1:30p All Team Practic(4)