



# SMALL POOL SCHEDULE

Effective January 2010

## Adult Open Exercise

### Monday

5:30 – 8:30 am  
9:00 -10:00 am\*  
11:00 - 12:30 pm  
4:00 - 7:00 pm\*  
8:30 -9:30 pm

### Tuesday

5:30 – 8:30 am  
9:30 – 10:00 am\*  
11:00 – 1:30 pm\*  
4:00 – 7:00 pm\*  
8:30 – 9:30 pm

### Wednesday

5:30 – 8:30 am  
9:00 – 10:00 am\*  
4:00 – 7:00 pm\*  
8:30 – 9:30 pm

### Thursday

5:30 – 8:30 am  
9:30 – 10:00 am\*  
11:00 – 1:30 pm\*  
4:00 – 7:00 pm\*  
8:30 – 9:30 pm

### Friday

5:30 – 10:00 am\*  
11:00 – 1:30 pm\*  
4:30 – 7:30 pm\*

### Saturday

7:00 – 8:30 am  
12:00 – 1:30 pm  
4:30 – 7:30 pm

### Sunday

7:00 – 12:30 pm  
5:00 – 7:30 pm

**\*Notes:** M/W/F 9 – 10 am, T/TH 9:30 – 10 am, M-F 4 – 7 pm half pool swim lessons

**F 4:30-7:30 pm share pool with Family Recreation Swim**

**T/TH/F 12 – 1:30 pm and F 9 – 10am share pool with SR Orthopedics**

Adult Open Exercise: 15 years of age or older or per lifeguard's discretion.

### \*Arthritis Exercise

Monday thru Friday: 10:00 - 10:55 am  
Tuesday and Thursday: 1:30 - 2:30 pm  
\* Pick up permission form in the Member Center.

### Senior Exercise

Monday/Wednesday/Friday 1:30 – 2:30 pm

### Enabling Aquatics

Saturday 10:30 - 12:00 pm



## Family Recreational Swim

### Monday

8:30 – 9:00 am  
12:30 - 1:30 pm  
2:30 - 3:30 pm  
7:00 - 8:30 pm

### Tuesday

8:30 – 9:30 am  
2:30 – 3:30 pm  
7:00 – 8:30 pm

### Wednesday

8:30 – 9:00 am  
11:00 – 1:30 pm  
2:30 – 3:30 pm  
7:00 – 8:30 pm

### Thursday

8:30 - 9:30 am  
2:30 – 3:30 pm  
7:00 – 8:30 pm

### Friday

2:30 - 8:30 pm

### Saturday

1:30 – 4:30 pm

### Sunday

12:30 – 5:00 pm

### Notes:

**Children age 6 and under need to be accompanied by an adult at all times.** Children age 7-9 must have an adult in the pool area. Children 10-12 must have an adult in the YMCA facility. All non/beginner swimmers must be supervised by an adult or guardian in the pool while swimming.

**YMCA Family Swim is only \$10 for a family!**

**A "family" is up to 2 adults and their minor children living in the same household.**