

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM - 8:00 AM	Lap Swim/ Hydro Pump - 6a/Open Swim	Lap Swim/ Open Swim	Lap Swim/Hydro Pump - 6a/Open Swim	Lap Swim/ Open Swim	Lap Swim/ Hydro Pump - 6a/Open Swim		
8:00 AM - 9:00 AM	Lap Swim/ Open Swim	Lap Swim/ Open Swim	Lap Swim/Open Swim	Lap Swim/ Open Swim	Lap Swim/Open Swim	Pool Open (8:00 AM) Lap Swim	
9:00 AM - 10:00 AM	Silver Splash/ Lap Swim	AFYAP/Lap Swim	Silver Splash/ Lap Swim	AFYAP/Lap Swim	Silver Splash/ Lap Swim	Lap Swim/ Open Swim	
10:00 AM - 12:30 PM	H2O Body Sculpt/Open Swim	Lap Swim/ Open Swim	H2O Body Sculpt/ Open Swim	Lap Swim/ Open Swim	H2O Body Sculpt/Open Swim	Lap Swim/ Swim Les- sons/Open	
12:30- 2:00 PM	Lap Swim/ Open Swim Pool Closed 2-3:45 pm	Lap Swim/ Open Swim Pool Closed 2-3:45 pm	Lap Swim/Open Swim Pool Closed 2-3:45 pm	Lap Swim/ Open Swim Pool Closed 2-3:45 pm	Lap Swim/Open Swim Pool Closed 2-3:45 pm	Lap Swim/ Open Swim	Pool Open (1:00 PM)
4:00 PM - 5:30 PM	Deep H20/Lap Swim/Open Swim	New Waves/ ASC Swim/ Lap Swim/ Open Swim	Deep H20/Lap Swim/Open Swim	New Waves/ Lap Swim/ Open Swim	Deep H20/Lap Swim/Open Swim	Lap Swim/ Open Swim	Lap Swim/ Open Swim
5:30 PM - 7:00 PM	New PM Hy- droPUMP/ Mariner's Swim Practice/ Lap Swim/ Open Swim	Mariner's Swim Prac- tice/Lap Swim/Swim Lessons	Lap Swim/Open Swim	Mariner's Swim Practice/ Lap Swim/ Swim Lessons	Lap Swim/Open Swim	POOL CLOSED	
7:00 PM - 8:30 PM	Lap Swim/ Open Swim	Special Olym- pics Practice/ Lap Swim/ Open Swim	Lap Swim/Open Swim	Special Olym- pics Practice/ Lap Swim/ Open Swim	Lap Swim/Open Swim		
8:30 PM - 9:00 PM	POOL CLOSED	POOL CLOSED	POOL CLOSED	POOL CLOSED	POOL CLOSED		
Color Code	Open Swim for All Members	Pool Limited for Members	Pool closed to members				

THIS SCHEDULE IS NOT A MINUTE-BY-MINUTE SCHEDULE AND CAN BE MANIPULATED BY THE AQUATICS STAFF AT ANY TIME TO ACCOMMODATE AS MANY PARTICIPANTS AS POSSIBLE. THANK YOU FOR YOUR COOPERATION AND SUPPORT!

The YMCA Mission

To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.