


## Pool Schedule

	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 H2O/Lap Swim/Open Swim	New Waves/ ASC Swim/ Lap Swim/ Open Swim	Deep H2O/Lap Swim/Open Swim	New Waves/ Lap Swim/ Open Swim	Deep H2O/Lap Swim/Open Swim	Lap Swim/ Open Swim	Lap Swim/ Open Swim
5:30 PM - 7:00 PM	PM Hydro Pump(until 5- 10)/Mariner's Swim Practice/ Lap Swim/ Open Swim	Mariner's Swim Prac- tice/Lap Swim/Swim Lessons	PM Hydro Pump/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.