



We build strong kids, strong families, strong communities.

South Pool (Water Temp 82° - 84°)

December 21 - April 15, 2010

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:15 am	Adult Lap Swim	5:15 - 6:30 Swim Team	Adult Lap Swim	5:15 - 6:30 Swim Team	Adult Lap Swim			
6 am	5:15 - 7:55 (6 lanes)	2 lanes Adult lap (4 lanes)	5:15 - 7:55 (6 lanes)	2 lanes Adult lap (4 lanes)	5:15 - 7:55 (6 lanes)			
7 am	8-9am (2 lanes)	Adult Lap (6 lanes)	8-9am (2 lanes)	Adult Lap (6 lanes)	8-9am (2 lanes)			
8 am	Water Aerobics (4 lanes)	Water Aerobics (4 lanes)	Water Aerobics (4 lanes)	Water Aerobics (4 lanes)	Water Aerobics (4 lanes)	Masters Competitive Swim 8:05 - 9:30		
9 am	Member Open Lap (5 lanes) 1 lane walking							
10 am	Water Exercise 10-11 (4 lanes)	Member Open lap 9-11 (6 lanes)	Water Exercise 10-11 (4 lanes)	Member Open lap 9-11 (6 lanes)	Water Exercise 10-11 (4 lanes)		Swim Team 9:30 - 11:30 (3 lanes) Member lap (3 lanes)	
11 am	Member Open Lap 11:00 - 12:30							
12 pm	Adult Lap Swim 12:30 - 1:10					Open lap 11:30 - 1:25	Adult Lap Swim 12 - 1:25	
1 pm	Rental 1:15 - 2:00	School Rental 1:15 - 2:55	Rental 1:15 - 2:00	School Rental 1:15-2:55	Rental 1:15 - 2:00			
2 pm	Water Exercise 2:00 - 2:55		Water Exercise 2:00 - 2:55		Water Exercise 2:00 - 2:55		RENTAL 1:30 - 3:30	RENTAL 1:30 - 3:30
3 pm	3:00 - 5:30 pm Swim Team							
4 pm								
5 pm	5:30 - 6:55	M-F	Adult Lap Swim (6 lanes)	M-F	5:30 - 6:55			
5:30	Water Exercise	Water Exercise	Water Exercise	Water Exercise	Adult Lap Swim			
6 pm	5:30 - 6:15	5:30 - 6:15	5:30 - 6:15	5:30 - 6:15		Member Only Lap Swim 6:00 - 7:45		
6:30	6:30 - 6:55	Family Lap			6:30 - 6:55			
7 pm	7:00 - 9:00 Community Swim							
8 pm	1 lane lap	<<<<depends on the number of swimmers>>>>			1 lane lap			
9 pm	9:05 - 9:45	Community Lap Swim			RENTAL			

Schedule subject to change to meet the needs of our members.

During ALL FAMILY SWIMS, all children must be accompanied by parent/guardian.

Lane lines pulled 5 minutes prior to an exercise class

For information, call 440-YMCA ext. 200 or visit our website: www.ymcaofdouglascounty.org