



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

POOL Schedule

March 2018

Main Pool Schedule begins Thursday, March 1, 2018 and is subject to change.

Monday	5:30-10:00am Open Swim 8:30-9:30 Deep Water Fitness	10:00-11:30 am Water Fitness Class Open Swim	11:30 am-12:00 pm AAP Class Open Swim	12:00-3:00 pm Open Swim	3:00-5:00 pm Open Swim	5:00-6:30 pm White Sharks Swim Practice	6:30-7:15 pm Swim Lessons	7:15-8:00 pm Swim Lessons	7:30-8:30 pm Open Swim
Tuesday	5:30-6:30 am Open Swim 6:30-10:00am Open Swim	10:00-11:30 am Water Fitness Class Open Swim	11:30 am-1:00 pm Open Swim	1:00-3:00 pm Open Swim	3:00-5:00 pm Open Swim	5:00-6:30 pm White Sharks Swim Practice	6:30-7:30 pm Swim Lessons	7:30-8:15 pm Aquacize Open Swim Deep End	8:15-8:30 pm Open Swim
Wednesday	5:30-10:00am Open Swim 8:30-9:30 am Deep Water Fitness	10:00-11:30 am Open Swim	11:30 am-12:00 pm AAP Class Open Swim	12:00-3:00 pm Open Swim	3:00-5:00 pm Open Swim	5:00-6:30 pm White Sharks Swim Practice	6:30-8:00 pm Open Swim	8:00-8:30 pm Open Swim	
Thursday	5:30-10:00am Open Swim	6:30-10:00 am Open Swim	10:00-11:30 am Water Fitness Class Open Swim	11:30 am-3:00 pm Open Swim	3:00-5:00 pm Open Swim	5:00-6:30 pm White Sharks Swim Practice	6:30-7:30 pm Swim Lessons	7:30-8:15 pm Aquacize 7:15-8:00 Swim Lessons	8:15-8:30 pm Open Swim
Friday	5:30-10:00am Open Swim 8:30-9:30 am Deep Water Fitness	10:00-11:30 am Open Swim	11:30 am-12:00 pm AAP Class Open Swim	12:00-3:00 pm Open Swim	3:00-5:00 pm Open Swim	5:00-6:30 pm White Sharks Swim Practice	6:30-7:00 pm Open Swim	7:00-8:00 pm Open Swim	8:15-8:30 pm Open Swim
Saturday	7:00-9:00am Open Swim	9:00-11:00 am Open Swim	11:00 am-4:30 pm Open Swim						
Sunday	1:30-4:30pm Open Swim								

YMCA Building Hours:

Mon-Fri: 5am-9pm Sat: 7am-5pm

Sun. 1-5pm



FOR YOUTH DEVELOPMENT®
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POOL Schedule

April 2018

Main Pool Schedule begins Thursday, March 1, 2018 and is subject to change.

Monday	5:30-10:00am Open Swim 8:30-9:30 Deep Water Fitness	10:00-11:30 am Water Fitness Class Open Swim	11:30 am-12:00 pm AAP Class Open Swim	12:00-3:00 pm Open Swim	3:00-5:00 pm Open Swim	5:00-6:30 pm White Sharks Swim Practice	6:30-7:15 pm Swim Lessons	7:15-8:00 pm Swim Lessons	7:30-8:30 pm Open Swim
Tuesday	5:30-6:30 am Open Swim 6:30-10:00am Open Swim	10:00-11:30 am Water Fitness Class Open Swim	11:30 am-1:00 pm Open Swim	1:00-3:00 pm Open Swim	3:00-5:00 pm Open Swim	5:00-6:30 pm White Sharks Swim Practice	6:30-7:30 pm Swim Lessons	7:30-8:15 pm Aquacize Open Swim Deep End	8:15-8:30 pm Open Swim
Wednesday	5:30-10:00am Open Swim 8:30-9:30 am Deep Water Fitness	10:00-11:30 am Open Swim	11:30 am-12:00 pm AAP Class Open Swim	12:00-3:00 pm Open Swim	3:00-5:00 pm Upper Swim Practice	5:00-6:30 pm White Sharks Swim Practice	6:30-8:00 pm Open Swim	8:00-8:30 pm Open Swim	
Thursday	5:30-10:00am Open Swim	6:30-10:00 am Open Swim	10:00-11:30 am Water Fitness Class Open Swim	11:30 am-3:00 pm Open Swim	3:00-5:00 pm Open Swim	5:00-6:30 pm White Sharks Swim Practice	6:30-7:30 pm Swim Lessons	7:30-8:15 pm Aquacize 7:15-8:00 Swim Lessons	8:15-8:30 pm Open Swim
Friday	5:30-10:00am Open Swim 8:30-9:30 am Deep Water Fitness	10:00-11:30 am Open Swim	11:30 am-12:00 pm AAP Class Open Swim	12:00-3:00 pm Open Swim	3:00-5:00 pm Open Swim	5:00-6:30 pm White Sharks Swim Practice	6:30-7:00 pm Open Swim	7:00-8:00 pm Open Swim	8:15-8:30 pm Open Swim
Saturday	7:00-9:00am Open Swim	9:00-11:00 am Open Swim	11:00 am-4:30 pm Open Swim						
Sunday	1:30-4:30pm Open Swim								

YMCA Building Hours:

Mon-Fri: 5am-9pm Sat: 7am-5pm

Sun. 1-5pm