



**FOR YOUTH DEVELOPMENT®**  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# POOL Schedule

## July 2018

Main Pool Schedule begins Sunday, July 1, 2018 and is subject to change.

<b>Monday</b>	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	3:00-4:30 pm Open Swim	4:30-6:00 pm Swim Team Practice	6:00-7:30 pm Swim Lessons	7:30-8:30 pm Open Swim	
<b>Tuesday</b>	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	5:00-6:00 pm Open Swim	6:00-7:30 pm Swim Team Practice	7:30-8:15 pm Open Swim Deep End	8:15-8:30 pm Open Swim
<b>Wednesday</b>	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	5:00-6:00 pm Open Swim	6:00-7:30 pm Swim Team Practice	7:30-8:30 pm Open Swim	
<b>Thursday</b>	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	5:00-6:00 pm Open Swim	6:00-7:30 pm Swim Team Practice	7:30-8:15 pm Open Swim Deep End	8:15-8:30 pm Open Swim
<b>Friday</b>	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	5:00-6:00 pm Open Swim	6:00-7:00 pm Swim Team Practice	7:00-8:30 pm Open Swim	
<b>Saturday</b>	7:00-9:00am Open Swim	9:00am-12:00pm Swim Lessons	11:00 am-4:30 pm Open Swim						
<b>Sunday</b>	1:00-4:30pm Open Swim								

**Upcoming Swim Meets:**  
 July 11th @ 6:15 pm

YMCA Building Hours: Mon-Fri: 5am-9pm Sat: 7am-5pm Sun. 1-5pm



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# POOL Schedule

## August 2018

Main Pool Schedule begins Wednesday, August 1, 2018 and is subject to change.

<b>Monday</b>	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	3:00-4:30 pm Open Swim	4:30-6:00 pm Swim Team Practice	6:00-7:30 pm Swim Lessons	7:30-8:30 pm Open Swim	
<b>Tuesday</b>	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	5:00-6:00 pm Open Swim	6:00-7:30 pm Swim Team Practice	7:30-8:15 pm Open Swim Deep End	8:15-8:30 pm Open Swim
<b>Wednesday</b>	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	5:00-6:00 pm Open Swim	6:00-7:30 pm Swim Team Practice	7:30-8:30 pm Open Swim	
<b>Thursday</b>	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	5:00-6:00 pm Open Swim	6:00-7:30 pm Swim Team Practice	7:30-8:15 pm Open Swim Deep End	8:15-8:30 pm Open Swim
<b>Friday</b>	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	5:00-6:00 pm Open Swim	6:00-7:00 pm Swim Team Practice	7:00-8:30 pm Open Swim	
<b>Saturday</b>	7:00-9:00am Open Swim	9:00am-12:00pm Swim Lessons	11:00 am-4:30 pm Open Swim						
<b>Sunday</b>	1:00-4:30pm Open Swim								

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