

FAMILY POOL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5am-8am						Closed	Closed
8am-9am	Water Workout 8:30am-9:30am	Water Workout 8:15am-9:30am		Water Workout 8:15am-9:30am	Water Workout 9:00am-10:00am		
9am-10am		Swim Lessons 10am-11am		Swim Lessons 10am-11am			
10am-11am	Swim Lessons 10am - 11am	Water Workout 10am-11am	Swim Lessons 10am - 11am	Water Workout 10am-11am			
11am-12pm	AFYAP Arthritis 11am-12pm	Water Walking 11am-12pm	AFYAP Arthritis 11am-12pm	Water Walking 11am-12pm	AFYAP Arthritis 11am-12pm		
12pm-1pm	YMCA Splash 12pm-1pm		YMCA Splash 12pm-1pm			Open Swim (slide and frog) 12pm-5:30pm	Open Swim (slide and frog) 12pm-5:30pm
1pm-4pm	Open Swim 1-4	Open Swim 1-4	Open Swim 1-4	Open Swim 1-4			
4pm-5pm	Swim Lessons 4:00- 4:45-5:30	Swim Lessons 4:00- 4:45-5:30	Swim Lessons 4:00- 4:45-5:30	Swim Lessons 4:00- 4:45-5:30	Open Swim (slide and frog) 1pm-8:30pm	Closed	Closed
5pm-6pm	Water Aerobics 5:15pm-6pm	Water Walking 5pm-5:45pm	Water Aerobics 5:15pm-6pm	Water Walking 5pm-5:45pm			
	Swim Lessons 5:30- 6:15pm	Swim Lessons 5:30- 6:15pm	Swim Lessons 5:30- 6:15pm	Swim Lessons 5:30- 6:15pm			
6pm-7pm	Open Swim (slide and frog) 6pm-8:30pm	Water Fit 5:45pm-7pm	Open Swim (slide and frog) 6pm-8:30pm	Water Fit 5:45pm-7pm			
		Open Swim (slide only) 6pm-7pm		Open Swim (slide only) 6pm-7pm			
7pm-8:30pm		Open Swim (slide and frog) 7pm-8:30pm		Open Swim (slide and frog) 7pm-8:30pm			