

INDOOR POOL SCHEDULE

There's a group waiting for you at the Y!
Effective June 3, 2011



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Pool Closed for Cleaning		6 - 7 a.m. H2O Power Hour Joy	6 - 7 a.m. H2O Power Hour Joy	6 - 7 a.m. H2O Power Hour Becky		
		7 - 7:30 a.m. Salsa/Stretching Joy	7 a.m. - 8 a.m. Open Swim	7 - 7:30 a.m. Salsa/Stretching Becky		
	8 - 9 a.m. Aqua Aerobics Eileen	8 - 9 a.m. Aqua Aerobics Joy	8 - 9 a.m. Aqua Aerobics Joy	8 - 9 a.m. Aqua Aerobics Joy	8 - 9 a.m. Aqua Aerobics Lori	8:15 - 8:45 a.m. Adult Swim Lessons
	9 a.m. - 12 noon Swim Lessons	9 a.m. - 12 noon Swim Lessons	9 a.m. - 12 noon Swim Lessons	9 a.m. - 12 noon Swim Lessons	9 a.m. - 12 noon Open Swim	9 - 10 a.m. Aqua Aerobics Rotates
	12 noon -1 p.m. Aqua Aerobics Alex	12 noon -1 p.m. Aqua Aerobics Shannon	12 noon -1 p.m. Aqua Aerobics Alex/Eileen	12 noon -1 p.m. Aqua Aerobics Alex	12 noon -1 p.m. Aqua Aerobics Kathy	10 a.m. - 5:45p.m. Open Swim
	1:15 - 2:15 p.m. Arthritis Class Eileen	1:15 - 2:15 p.m. Arthritis Class Shannon	1:15 - 2:15 p.m. Arthritis Class Eileen	1:15 - 2:15 p.m. Arthritis Class Shannon	1:15 - 2:15 p.m. Arthritis Class Lori	
	2:15 - 3 p.m. Adult Water Walking / Swim	2:15 - 3 p.m. Noodle Cyclates Shannon	2:15 - 3 p.m. Adult Water Walking / Swim	2:15 - 3 p.m. Noodle Cyclates Shannon	2:15 - 3 p.m. Adult Water Walking / Swim	
	3:00 - 4:45 p.m. Swim Lessons	3:00 - 4:45 p.m. Swim Lessons	3:00 - 4:45 p.m. Swim Lessons	3:00 - 4:45 p.m. Swim Lessons	3:00 - 8:45 p.m. Open Swim	
	4:45 - 5:30 p.m. Open Swim	4:45 - 5:30 p.m. Open Swim	4:45 - 5:30 p.m. Open Swim	4:45 - 5:30 p.m. Open Swim		
	5:30 - 6:30 p.m. Aqua Aerobics Rachael	5:30 - 6:30 p.m. Aqua Aerobics Marsha	5:30 - 6:30 p.m. Aqua Aerobics Lori	5:30 - 6:30 p.m. Aqua Aerobics Marsha		
6:30 - 8:45 p.m. Open Swim	6:30 - 8:45 p.m. Open Swim	6:30 - 8:45 p.m. Open Swim	6:30 - 8:45 p.m. Open Swim			

All children 12 and under must have direct adult (18+ yrs) supervision. All non-potty trained children must wear a swim diaper.
All non-swimmers must have body to body contact with an adult (18+ yrs). This schedule is subject to change without notice.

Our Mission:

To put Christian principals into practice through programs that build a healthy spirit, mind and body for all.

Contact us at 246-9622

Sheri Richmond, Healthy Living Director
Joy Wilson, Group Exercise Coordinator - Water