

INDOOR ACTIVITY POOL SCHEDULE

There's a group waiting for you at the Y!

Effective November 8, 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 a.m. - 8 a.m. Open Swim	7 a.m. - 8 a.m. Open Swim	7 a.m. - 8 a.m. Open Swim			
	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/Anza	8 - 9 a.m. Aqua Aerobics Lori	8:15 - 8:45 a.m. Adult Swim Lessons	
	9 a.m. - 12 noon Open Swim	9 a.m. - 12 noon Open Swim	9 a.m. - 12 noon Open Swim	9 a.m. - 12 noon Open Swim	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. - 3 p.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. Adult Water Walking / Swim	2:15 - 3 p.m. Adult Water Walking / Swim	2:15 - 3 p.m. Adult Water Walking / Swim	2:15 - 3 p.m. Adult Water Walking / Swim		
	3 - 5:30 p.m. Open Swim	3 - 5:30 p.m. Open Swim	3 - 5:30 p.m. Open Swim	3 - 5:30 p.m. Open Swim	3 - 5:30 p.m. Open Swim	3 - 6 p.m. Open Swim	Indoor pool closes at 3 p.m.
	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 p.m. Open Swim	6:30 - 8 p.m. Open Swim	6:30 - 8 p.m. Open Swim	6:30 - 8 p.m. Open Swim	Indoor pool closes at 6 p.m.		

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 principles 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