

Aquatic Programs- Charlotte Ave.

YMCA 329-9622
 Aquatics Director EXT.229
 Swim Lessons EXT.254
 Pool Area EXT 240
 Pool Parties EXT. 222

INDOOR POOL FALL/WINTER 2008

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
6:00-8:30am	Lap Swim L-6	Lap Swim (till 8:45am)	Lap Swim	Lap Swim (till 8:45am)	Lap Swim	8:00am Water Walking & Swim Lessons	
8:30-10:00am	Water Walking		Water Walking		Water Walking		
9:00-10:00am		Water Aerobics		Water Aerobics			
10:00-11:00am	Arthritis Class	Water Walking	Arthritis Class	Water Walking	Arthritis Class	Water Walking & Swim Lessons	
11:00-2:00pm	Lap Swim L-6	Lap Swim L-6	Lap Swim L-6	Lap Swim L-6	Lap Swim L-6	Swim Lessons & Lap Swim 11:00-12:00 L-3 12:00-2:00 L-6	
2:00-3:00pm	Self Motivated	Self Motivated <i>WATER YOGA</i>	Self Motivated	Self Motivated <i>WATER YOGA</i>	Self Motivated	Family Swim 2:00-5:00pm L-2	Family Swim 2:00-5:00pm L-2
3:00-4:15pm	Open Swim L-2	Open Swim L-2	Open Swim L-2	Open Swim L-2	Open Swim L-2 (3:00-6:00pm)		
4:15-7:00pm	*Swim Lessons	*Swim Lessons	*Swim Lessons	*Swim Lessons	**Makeup Lessons	Attention: All Children 12 and under must be accompanied by an adult at all times!	
6:00-6:45pm	Prenatal Exercise		Prenatal Exercise				
6:00-7:00pm	Deep Water w/ Amanda Level-2/3	Water Aerobics w/Alice Level-1/2	Deep Water w/Amanda Level-2/3	Water Aerobics w/Alice Level-1/2	Water Aerobics w/Lynn		
7:00-9:00pm	Family Swim L-2	Family Swim L-2	Family Swim L-2	Family Swim L-2	Family Swim L-2		

L-# = Indicates how many lap lanes are available during that allotted time.

* Please see Swim Lesson Schedule for details.

**Please note that Fridays are makeup days for swim lessons if needed from 4:30-7:00pm.

Cycle Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45-6:30AM w/ Robert	5:45-6:30AM w/ Frank	5:45-6:30AM w/ Robert	5:45-6:30AM w/ Michelle	9:00-9:45AM w/Rainey	9:00-9:45AM w/ Dianne	
12:15-1:00 PM w/ Trish Sacco	9:15-10:00 AM w/ Michelle	12:15-1:00 PM w/Deb Reeves	9:15-10:00 AM w/ Rainey			
6:00-7:00PM RHBC CYCLE	5:30-6:15PM w/Amy	6:00-7:00PM Core w/ Jim	6:00-7:00PM w/ Caroline			

The YMCA reserves the right to change this schedule when necessary without notice.