

# YAQUATICS™

We build strong kids, strong families, strong communities.

Winter 2010	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
8 - 9 am	NONE	H2O Aerobics w/Sammie & Water w/Inez	NONE	H2O Aerobics w/Sammie & Water w/Inez	NONE	NONE	
9:15 - 10 am	H2O Aerobics w/Amy Lanes 3 - 6	H2O Aerobics w/Inez Lanes 3 - 6	H2O Aerobics w/Inez Lanes 3 - 6	H2O Aerobics w/Amand Lanes 3	H2O Aerobics w/Angela Lanes 3 - 6	NONE	
10 - 11 am	Water Walking Lanes 4 - 6	Water Walking Lanes 4 - 6	Water Walking Lanes 4 - 6	Water Walking Lanes 4 - 6	Water Walking Lanes 4 - 6	Water Walking Lanes 4 - 6	
11 am - 12 noon	Arthritis Aquatics w/Sammie Lane 6	H2O Aerobics w/Sammie Lanes 4 - 6	Arthritis Aquatics w/Sammie Lane 6	H2O Aerobics w/Sammie Lanes 4 - 6	Arthritis Aquatics w/Sammie Lane 6	NONE	
1 - 2 pm	Water Walking Lanes 4 - 6	Water Walking Lanes 4 - 6	Water Walking Lanes 4 - 6	Water Walking Lanes 4 - 6	Water Walking Lanes 4 - 6	Water Walking Lanes 4 - 6	
3 - 4 pm	Arthritis Aquatics w/Sammie Lane 6	NONE	Arthritis Aquatics w/Sammie Lane 6	NONE	Arthritis Aquatics w/Sammie Lane 6	NONE	
6 - 7 pm	H2O Aerobics w/Sammie Lanes 4 - 6	Hydro-Mania w/ Susan <b>or</b> Inez <b>New Instructor</b> Lanes 3 - 6	H2O Aerobics w/Sammie Lanes 4 - 6	Hydro-Mania w/Jett Lanes 3 - 6	NONE	CLOSED	
7 - 8:45 pm	NONE	Deep Water Aerobics w/Ma (7)	NONE	Deep Water Aerobics w/Ma (7)	NONE	CLOSED	

**WW = Water Walking**



**IMPORTANT NOTE: Monday and Wednesday from 4 - 6 pm there will be ONE lap lane & ONE open swim lane  
During this time, the RAYS swim team as well as swim lessons will be conducted. Be prepared for high volume use.**

### Lap Swim

Winter 2010	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5 - 8 am	Lanes 1 - 4	Lanes 1 - 4	Lanes 1 - 4	Lanes 1 - 4	Lanes 1 - 4	Opens at 7:30 am	CLOSED
8 - 9 am	Lanes 1 - 4	Lane 1**	Lanes 1 - 4	Lane 1**	Lanes 1 - 2	Lanes 3 - 4	CLOSED
9:15 - 10 am	Lanes 1 - 2	Lanes 1 - 2	Lanes 1 - 2	Lanes 1 - 2	Lanes 1 - 2	Lanes 3 - 4	CLOSED
10 - 11 am	Lanes 1 - 3	Lane 3**	Lanes 1-3	Lane 3**	Lanes 1 - 3	Lanes 3 - 4	CLOSED
11am - 12 noon	Lanes 1-2	Lanes 2-3	Lane 1-2	Lanes 2-3	Lanes 1-2	Lanes 3-4	CLOSED
12 noon - 1 pm	Lanes 1-4	Lanes 1-4	Lanes 1-4	Lanes 1-4	Lanes 1-4	Lanes 1 - 4	CLOSED
1 - 4 pm	Lanes 1 - 3	Lanes 2 - 3	Lanes 1 - 3	Lanes 2 - 3	Lanes 1 - 3	Lanes 1 - 3	Lanes 1 - 3
4 - 6 pm	Lane 5**	Lanes 3-4	Lane 5**	Lanes 3-4	Lanes 3 - 4	Lanes 1 - 3 Closes at 5 pm	Lanes 1 - 3 Closes at 5 pm
6 - 7 pm	Lane 3**	Lane 2**	Lane 3**	Lane 2**	Lane 3**	CLOSED	CLOSED
7 - 8:45 pm	Lanes 3-4	Lanes 2**	Lanes 3-4	Lanes 2**	Lanes 1 - 2	CLOSED	CLOSED

\*\*Only ONE lap lane available

### Open Swim

Winter 2010	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5 - 8 am	Lanes 5 - 6	Lanes 5 - 6	Lanes 5 - 6	Lanes 5 - 6	Lanes 5 - 6	Opens at 7:30 am	CLOSED
8 - 9 am	Lanes 5 - 6	<b>NO OPEN SWIM</b>	Lanes 5 - 6	<b>NO OPEN SWIM</b>	Lanes 3 - 6	<b>NO OPEN SWIM</b>	CLOSED
9:15 - 12 noon	<b>NO OPEN SWIM</b>	<b>NO OPEN SWIM</b>	<b>NO OPEN SWIM</b>	<b>NO OPEN SWIM</b>	<b>NO OPEN SWIM</b>	<b>NO OPEN SWIM</b> opens am	CLOSED
12 noon - 1 pm	Lanes 5 - 6	Lanes 5 - 6	Lanes 5 - 6	Lanes 5 - 6	Lanes 5 - 6	Lanes 5 - 6	CLOSED
1 - 2 pm	<b>NO OPEN SWIM</b>	<b>NO OPEN SWIM</b>	<b>NO OPEN SWIM</b>	<b>NO OPEN SWIM</b>	<b>NO OPEN SWIM</b>	<b>NO OPEN SWIM</b>	Lanes 4 - 6
2 - 3 pm	Lanes 5 - 6	Lanes 5 - 6	Lanes 5 - 6	Lanes 5 - 6	<b>NO OPEN SWIM</b>	Lanes 4 - 6	Lanes 4 - 6
3 - 4 pm	<b>NO OPEN SWIM</b>	Lanes 5 - 6	<b>NO OPEN SWIM</b>	Lanes 5 - 6	Lanes 5 - 6	Lanes 4 - 6	Lanes 4 - 6
4 - 6 pm	Lane 6**	Lanes 5-6	Lane 6**	Lanes 5-6	Lanes 5 - 6	Lanes 4 - 6 5 p	Lanes 4 - 6 5 p
6 - 7 pm	<b>NO OPEN SWIM</b>	<b>NO OPEN SWIM</b>	<b>NO OPEN SWIM</b>	<b>NO OPEN SWIM</b>	Lanes 5 - 6	CLOSED	CLOSED
7 - 8:45 pm	Lanes 5-6	Lanes 5-6	Lanes 5-6	Lanes 5-6	Lanes 5-6	CLOSED	CLOSED