

March 2010

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<p>Keys DWA=Deep Water Aerobics AT= Aqua Tone WA=Water Aerobics ASL=Adult Swim Lessons SL=Youth Swim Lessons</p>	<p>1 5:00- 7:45am Laps 7:45-8:30am-DWA 8:30-9:00am-AT 9:00-5:15pm-Laps 5:15-6:15pm-WA 6:15-8:45pm-Laps</p>	<p>2 9 5:00- 7:45am Laps 7:45-8:30am-DWA 8:30-3:30pm-Laps 3:30-4:15pm-WA 4:15-5:15pm Laps 5:15-6:15pm-WA 6:30-7:30pm-SL 7:30-8:15pm-ASL 8:15-8:45pm-Laps</p>	<p>3 5:00- 7:45am Laps 7:45-8:30am-DWA 8:30-9:00am-AT 9:00-5:15pm-Laps 5:15-6:15pm-WA 6:15-8:45pm-Laps</p>	<p>4 5:00- 7:45am Laps 7:45-8:30am-DWA 8:30-3:30pm-Laps 3:30-4:15pm-WA 4:15-5:15pm Laps 5:15-6:15pm-WA 6:30-7:30pm-SL 7:30-8:15pm-ASL 8:15-8:45pm-Laps</p>	<p>5 5:00-7:45 am - LAPS 7:45-8:30 am - DWA 8:30-9:00 am - AT 9:00-11:30 pm - SL Makeup - AS NEEDED 11:30-1:00 pm - LAPS 1:00-3:30 pm - SL Makeup - AS NEEDED 3:30-8:45 pm - LAPS</p> <p><i>*Please call on Friday Only to see if SL times have been changed to LAPS*</i></p>	<p>6 8:00-9:00 am - LAPS 9:00-10:00 am - DWA 10:00-11:00 pm - LAPS 11:00-12:45pm - SL 12:45-1:30pm Laps 1:30-4:30pm Scuba Class 4:30-5:45pm Laps</p>
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<p>28 1:00-1:30pm - LAPS 1:30-4:30pm- Scuba Class 4:30-5:15pm- Laps</p>						



Pool Schedule



March 2010

Downtown YMCA

- Pool Temperature 84 – Pool is 20 yards in length and 4 lanes in width
 - There will be an instructor for 5 or more at 3:30pm Deep Water Aerobics Class on Mondays
- Adult Swim Lessons are Tuesday and Thursday from 7:30-8:15pm

WATER EXERCISE SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:45-8:30am Deep Water Jennifer	7:45-8:30am Deep Water Winifred	7:45-8:30am Deep Water Robin	7:45-8:30am Deep Water Jennifer	7:45-8:30am Deep Water Karen	9:00-10:00am Deep/Shallow combo Water Wendy
8:30-9:00 am Aqua Tone Jennifer	3:30-4:15 pm Deep Water Pat	8:30-9:00 am Aqua Tone Robin	3:30-4:15pm Pat	8:30-9:00 am Aqua Tone Karen	
5:15-6:15pm Waterworks Connie	5:15-6:15 pm Waterworks Connie	5:15-6:15 pm Waterworks Connie	5:15-6:15pm Waterworks Connie		

LAP SWIM SCHEDULE

DAY	LAP TIMES	LAP TIMES	LAP TIMES	LAP TIMES	LAP TIMES	LAP TIMES
Monday	5:00-7:45 am	9:00-5:15 pm	6:15-8-45pm			
Tuesday	5:00-7:45 am	8:30-3:30 pm	4:15-5:15pm	8:15-8:45pm		
Wednesday	5:00-7:45 am	9:00-5:15 pm	6:30-8:45pm			
Thursday	5:00-7:45 am	9:30-3:30 pm	4:15-5:15pm	8:15-8:45pm		
Friday *	5:00-7:45 am	9:00-8:45 pm	6:15-8:45pm			
Saturday	8:00-9:00 am	10:00-11:00am	12:45-1:30pm	4:30-5:15pm		
Sunday	1:00-1:30 pm	4:30-5:15pm				

~During inclement weather the pool will be temporarily closed do to thunder storms in the area.

~For your safety, the pool will be closed for 30 minutes following each audible crash of thunder and/or visible strike of lightening. We apologize for the inconvenience and thank you for your cooperation.

~Please call to verify that there is no make-up Swim Lessons on Fridays and Saturdays. 799-9187