



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AQUATICS

NORTHWEST FAMILY YMCA

Summer 2018

Our Mission:
To put Christian principles into practice through programs that build a healthy Spirit, Mind, and Body for all.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
5:00am	Lap Swim (All)					Closed	Closed	
5:30am	AYR (1-3)	AYR (1-3)	AYR (1-3)	AYR (1-3)	Master Swim (1-4) Lap Swim (5-8)			
6:00am	Master Swim (4-6) Lap Swim (7-8)	Lap Swim (4-8)	Master Swim (4-6) Lap Swim (7-8)	Lap Swim (4-8)	Lap Swim (All)			
6:30am								
7:00am	Seals (1-3) Lap Swim (4-6) Open Swim (7-8)					Closed	Closed	
7:30am								
8:00am	Seals (1-3) Master Swim (4-6) Lap Swim (7-8)				Seals (1-3) Lap Swim (4-8)			
8:30am								
9:00am	Swim Lessons (1-2) Lap Swim (3-5) Aqua Fitness (6-8)					AYR (1-3) Lap Swim (4-6) Swim Lessons (7-8)	Closed	
9:30am								
10:00am								
10:30am								
11:00am		Swim Lessons (1-3) Lap Swim (4-6) Open Swim (7-8)		Swim Lessons (1-3) Lap Swim (4-6) Open Swim (7-8)				
11:30am								
12:00pm	AYR (1-3) Lap Swim (4-5) Camp (6-8)	Lap Swim (1-3) Open Swim (4-5) Camp (6-8)					Lap Swim (1-5) Open Swim (6-8)	Lap Swim (1-5) Open Swim (6-8)
12:30pm								
1:00pm								
1:30pm								
3:00pm								
3:30pm	LAP SWIM (1-4) OPEN SWIM (5-6)	Swim Team (1-7) Swim Lessons (8)		LAP SWIM (1-4) OPEN SWIM (5-6) Swim Lessons (7-8)	Swim Team (1-7) Swim Lessons (8)			
4:30pm								
5:00pm	Swim Lessons (7-8)							
5:30pm	(PLEASE SEE DESK FOR SWIM MEET SCHEDULE AS THERE WILL BE NO LAP AND OPEN SWIM TIME ON THESE DAYS).	(THERE IS NO OPEN AND/OR LAP SWIM DURING THIS TIME, WE APPRECIATE YOUR COOPERATION)		(PLEASE SEE DESK FOR SWIM MEET SCHEDULE AS THERE WILL BE NO LAP AND OPEN SWIM TIME ON THESE DAYS).	(THERE IS NO OPEN AND/OR LAP SWIM DURING THIS TIME, WE APPRECIATE YOUR COOPERATION)			
6:00pm								
7:00pm								
7:30pm	Lap Swim (1-5) Open Swim (6-8)					Closed	Closed	
8:00pm								
8:30pm								
9:00pm								
10:00pm					Closed			

*Lane usage indicated in parenthesis for program
**Lanes may be adjusted due to special events or programs.
***Please view our Aqua Fitness Schedule for a list of classes and descriptions.