



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AQUATICS

NORTHWEST FAMILY YMCA

Summer 2018								
	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)			
6:00am	Master Swim (4-6)	Lap Swim (4-8)	Master Swim (4-6)	Lap Swim (4-8)	Lap Swim (5-8)			
6:30am	Lap Swim (7-8)		Lap Swim (7-8)	Lap Swim (7-8)	Lap Swim (All)			
7:00am	Seals (1-3)					Closed	Closed	
7:30am	Lap Swim (4-6)							
	Open Swim (7-8)							
8:00am	Seals (1-3)							
8:30am	Master Swim (4-6)				Seals (1-3)	Closed	Closed	
	Lap Swim (7-8)				Lap Swim (4-8)			
9:00am	Swim Lessons (1-2)							
9:30am	Lap Swim (3-5)							
10:00am	Aqua Fitness (6-8)					AYR (1-3)	Closed	
10:30am						Lap Swim (4-6)		
11:00am	Swim Lessons (1-3)		Swim Lessons (1-3)			Swim Lessons (7-8)		
11:30am	Lap Swim (4-6)		Lap Swim (4-6)					
12:00pm	AYR (1-3)						Closed	Closed
12:30pm	Lap Swim (4-5)	Lap Swim (1-3)						
1:00pm	Camp (6-8)	Open Swim (4-5)						
1:30pm		Camp (6-8)						
3:00pm						Lap Swim (1-5)	Closed	
3:30pm	LAP SWIM (1-4)	Swim Team (1-7)			LAP SWIM (1-4)	Open Swim (6-8)		
4:30pm	OPEN SWIM (5-6)	Swim Lessons (8)			OPEN SWIM (5-6)	Lap Swim (1-5)		
5:00pm	Swim Lessons (7-8)				Swim Lessons (7-8)	Open Swim (6-8)		
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)	Closed	
6:00pm								
7:00pm								
7:30pm								
8:00pm						Closed	Closed	
8:30pm	Lap Swim (1-5)							
9:00pm	Open Swim (6-8)							
10:00pm								

*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.