



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# AQUATICS

## NORTHWEST FAMILY YMCA

**Fall 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	
5:30am	Master Swim (1-4) Lap Swim (5-8)	YR Swim Team (1-3) Lap Swim (4-6) Open Swim (7-8)	Master Swim (1-4) Lap Swim (5-8)	YR Swim Team (1-3) Lap Swim (4-6) Open Swim (7-8)	Master Swim (1-4) Lap Swim (5-8)		
6:00am							
6:30am					Lap Swim (All)		
7:00am	Lap Swim (All)					Closed	
7:30am							
8:00am	Master Swim (1-4) Lap Swim (5-6) Open Swim (7-8)				Lap Swim (1-6) Open Swim (7-8)		
8:30am							
9:00am	Lap Swim (1-5) Aqua Fitness (6-8)					Lap Swim (1-6) Swim Lessons (7-8)  ***SWIM TEAM PRACTICE WILL BEGIN ON OCT 13TH AND WILL TAKE LANES 1-4 UNTIL 11:30AM	Closed
9:30am							
10:00am							
10:30am							
11:00am		Lap Swim (1-6) Open Swim (7-8)		Lap Swim (1-6) Open Swim (7-8)			
11:30am							
12:00pm						Lap Swim (1-5) Open Swim (6-8)	Lap Swim (1-5) Open Swim (6-8)
12:30pm							
1:00pm	Lap Swim (1-6) Open Swim (7-8)						
1:30pm							
3:00pm						Lap Swim (1-5) Open Swim (6-8)	Lap Swim (1-5) Open Swim (6-8)
3:30pm							
4:00pm							
5:00pm							
5:30pm	SWIM TEAM (1-6) SWIM LESSONS/LAP SWIM (7) SWIM LESSONS (8)	LAP SWIM (1-4) OPEN SWIM (5-6) SWIM LESSONS (7-8)		SWIM TEAM (1-6) SWIM LESSONS/LAP SWIM (7) SWIM LESSONS (8)			
6:00pm		**SWIM TEAM PRACTICE WILL START ON OCT 10 AND GO UNTIL 7:30PM					
7:00pm						Closed	Closed
7:30pm							
8:00pm							
8:30pm	Lap Swim (1-5) Open Swim (6-8)						
9:00pm						Closed	
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.