

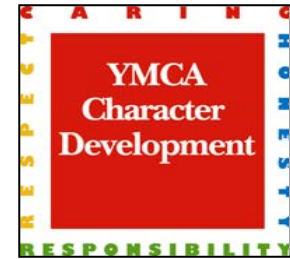


CLIPPARD FAMILY YMCA

INDOOR PROGRAM POOL SCHEDULE

July 14th - August 17th 2008

CLOSED AUGUST 18TH - 31ST FOR ANNUAL MAINTENANCE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
6:00am	Lap Swim Only	Lap Swim Only	Lap Swim Only	Lap Swim Only	Lap Swim Only				
7:00am	5:30-8:45am	5:30-8:45am	5:30-8:45am	5:30-8:45am	5:30-8:45am			Lap Swim Only	
8:00am								7:00-8:45	
9:00am	AquaFit 9:00-9:55	Combo 9:00-9:55	AquaFit 9:00-9:55	Combo 9:00-9:55	AquaFit 9:00-9:55			Variety Pack 9:00-9:55	
10:00am	*Lessons 10:00-11:00	*Lessons 10:00-11:30	*Lessons 10:00-11:00	*Lessons 10:00-11:30	*Lessons 10:00-11:00			Lessons	
11:00am	*AOA 11:05-12:00	Aqua Stride 10:00-10:30	*AOA 11:05-12:00	Aqua Stride 10:00-10:30	*AOA 11:05-12:00			10:00-12:15	
12:00pm	Lap Swim Only 12:00-12:55							Scout Badge Program	
1:00pm	Arthritis 1:00-2:00	Arthritis 1:00-2:00	Lap Swim Only	Arthritis 1:00-2:00	Lap Swim Only			& Lap Swim	
2:00pm	Lap Swim Only							12:15-3:00pm	
3:00pm	Lap Swim Only							12:00-6:45pm	
4:00pm	*Swim Team 4:30-6:00	Lap Swim Only	*Swim Team 4:30-6:00	Lap Swim Only	*Swim Team 4:30-6:00	Open/Lap Swim			
5:00pm	Begin Lap Swim 7/23		Begin Lap Swim 7/23		Begin Lap Swim 7/23	3:00-6:45			
6:00pm	*Lessons 6:00-7:00	Combo 6:05-6:55	*Lessons 6:00-7:00	Combo 6:05-6:55					
7:00pm	Aqua Fit 7:05-7:55	Lessons 7:00-8:00	Aqua Fit 7:05-7:55	Lessons 7:00-8:00					
8:00pm	Open/ Lap Swim 8:00-9:45 M-W			Adult Lessons 8-8:45	Open Swim/Lap 6:00pm-10:00pm				
9:00pm				Lap Swim Only					
9:45pm	Open/ Lap Swim 8:00-9:45 M-W			8:45-9:45					

Updated 7/14/08

POOL SCHEDULE MAY CHANGE FOR PROGRAMMING NEEDS

During programs one or two lap lanes may be available

"Open/Lap Swim" denotes 3 lap lanes are setup for lap swimmers, with three lanes being used for open swim

*No lap lanes Available