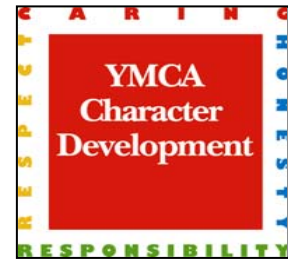




CLIPPARD FAMILY YMCA

INDOOR PROGRAM POOL SCHEDULE

Summer 2009
June 7th-August 16th



	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	5:30-8:45 am	5:30-8:45am	5:30-8:45am			Lap Swim Only	
8:00am								7:00-8:45	
9:00am	AquaFit 9:00-9:55am	Combo 9:00-9:55am	AquaFit 9:00-9:55am	Combo 9:00-9:55am	AquaFit 9:00-9:55am			Variety Pack 9:00-9:55	
10:00am	Lessons 10:00-11:00am	Lessons 10:00-11:30am	Lessons 10:00-11:00am	Lessons 10:00-11:30am	Open/Lap Swim 10:00-11:00am			Lessons	
11:00am	*AOA 11:05-12:00pm		*AOA 11:05-12:00pm		*AOA 11:05-12:00pm				10:00-11:30 am
12:00pm	Lap Swim Only 12:00-1:00pm							Scout Badge & Lap Swim	Lap Swim 12:00-3:00pm
1:00pm	Arthritis 1:00-2:00pm	Arthritis 1:00-2:00pm	Silver Splash 1:00-2:00pm	Arthritis 1:00-2:00pm	Lap Swim Only 1:00-2:00pm				
2:00pm	Open/Lap 2:00-2:55pm	Open/Lap 2:00-2:55pm	Open/Lap 2:00-2:55pm	Open/Lap 2:00-2:55pm	Open/Lap 2:00-2:55pm			12:15-3:00pm	
3:00pm	Lap Swim Only 3:00-4:00pm	Lap Swim	Lap Swim Only 3:00-4:00pm	Lap Swim	Lap Swim Only 3:00-4:00pm				
4:00pm	*Swim Team		*Swim Team		*Swim Team	Open/Lap Swim	Open/Lap Swim		
5:00pm	4:00-6:00pm	3:00-6:00pm	4:00-6:00pm	3:00-6:00pm	4:00-6:00pm	3:00-6:45pm	3:00-6:45pm		
6:00pm	Lessons 6:00-7:00pm	*Lessons/Variety 6:00-6:55	Lessons 6:00-7:00pm	Variety 6:00-6:55	Open/Lap Swim				
7:00pm	Aqua Fit 7:05-8:00pm		Aqua Fit 7:05-8:00pm						
8:00pm	Open/Lap Swim 8:00-8:45pm	Open/Lap 7:00-8:45pm	Lessons 8-8:45/Lap Swim	Open/Lap 7:00-8:45pm			6:00-9:45pm		
9:00pm									
9:45pm		Open/Lap Swim 8:45-9:45pm							

6/3/2009

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 3 lanes being used for open swim

(*) denotes no lap lanes available

Aquatic Fitness Class Times

Active Older Adults

Monday, Wednesday & Friday 11:05-12:00pm

Aqua Fitness

Monday, Wednesday, Friday 9:00-9:55am

Monday, Wednesday 7:05-8:00pm

Aqua Combo

Tuesday, Thursday 9:00-9:55

Arthritis YMCA Program

Monday, Tuesday, Thursday 1:00-2:00pm

Silver Splash

Wednesday 1:00-2:00pm

Instructors Choice/Variety Pack

Tuesday, Thursday 6:00-6:55pm

Saturday 9:00-9:55am

Aqua Stride (Located in Indoor Water Park)

Tuesday, Thursday 10:00-10:30am

Adult Walking (Located in Indoor Water Park)

Monday, Wednesday, Friday 10:00-11:00am

Tuesday, Thursday 10:30am-11:00am

Deep Water Aerobics (Located in Outdoor)

Tuesday 7:15-8:00pm

Wednesday 12:00-12:45pm

**Session II only (July 13th-August 16th)

*Schedule may change for programming needs.

Updated 6/3/09

Lap Swim Times

Monday

5:30-8:45am (6)

8:45-10:00am (1)

10:00-11:00am (1)

11:00-12:00am (0)

12:00-12:55pm (6)

1:00-2:00pm (1)

2:00-3:00pm (3)

3:00-4:00 pm (6)

4:00-6:00 pm (0)

6:00-7:00pm (1)

7:00-8:00pm (1)

8:00-9:45pm (3)

Tuesday

5:30-8:45am (6)

8:45-10:00am (1)

10:00-11:30am (1)

11:30-12:55pm (6)

1:00-2:00pm (1)

2:00-3:00pm (3)

3:00-6:00 pm (6)

6:00- 7:00pm (0)

7:00-9:45pm (3)

Wednesday

5:30-8:45am (6)

8:45-10:00am (1)

10:00-11:00am (1)

11:00-12:00am (0)

12:00-12:55pm (6)

1:00-2:00pm (2)

2:00-3:00pm (3)

3:00-4:00 pm (6)

4:00-6:00 pm (0)

6:00-7:00pm (1)

7:00-8:00pm (1)

8:00-9:45pm (3)

Thursday

5:30-8:45am (6)

8:45-10:00pm (1)

10:00-11:30am (1)

11:30-12:55pm (6)

1:00-2:00pm (1)

2:00-3:00pm (3)

3:00-6:00 pm (6)

6:00- 7:00pm (1)

7:00-9:45pm (3)

Friday

5:30-8:45am (6)

8:45-10:00am (1)

10:00-11:00am (3)

11:00-12:00pm (0)

12:00-2:00pm (6)

2:00-3:00pm (3)

3:00-4:00pm (6)

4:00-6:00pm (0)

6:00-9:45pm (3)

Saturday

7:00-8:45am (6)

9:00-10:00pm (1)

10:00-11:30pm (1)

11:30-6:45pm (3)

Sunday

12:00-3:00pm (6)

3:00-6:45pm (3)