

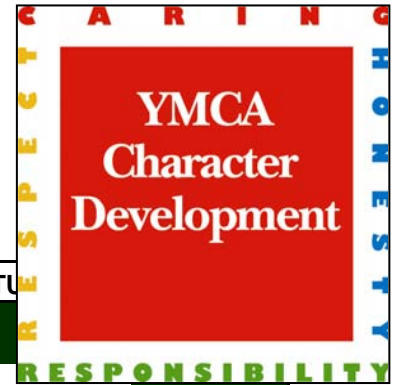


CLIPPARD FAMILY YMCA

INDOOR PROGRAM POOL SCHEDULE

Winter I and Winter II 2010

January 4th - April 10th 2010



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

12/18/2009

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

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

*Schedule may change due to programming needs.

Lap Swim Times

Monday

5:30-8:45am (6)
 8:45-10:00am (1)
 10:00-11:00am (6)
 11:00-12:00am (0)
 12:00-12:55pm (6)
 1:00-2:00pm (1)
 2:00-3:00pm (3)
 3:00-4:30 pm (6)
 4:30-6:00 pm (0)
 6:00-7:00pm (3)
 7:00-8:15pm (0)
 8:15-9:45pm (3)

Tuesday

5:30-8:45am (6)
 8:45-10:00am (1)
 10:00-11:00am (3)
 11:00-12:55pm (6)
 1:00-2:00pm (1)
 2:00-3:00pm (3)
 3:00-4:30 pm (6)
 4:30-6:00pm (0)
 6:00-7:00pm (1)
 7:00-8:30pm (2)
 8:30-9:45 (3)

Wednesday

5:30-8:45am (6)
 8:45-10:00am (1)
 10:00-11:00am (3)
 11:00-12:00am (0)
 12:00-2:00pm (6)
 2:00-3:00pm (3)
 3:00-4:30 pm (6)
 4:30-6:00 pm (0)
 6:00-7:00pm (3)
 7:00-8:15pm (0)
 8:15-9:45pm (3)

Thursday

5:30-8:45am (6)
 8:45-10:00pm (1)
 10:00-11:00am (3)
 11:00-12:55pm (4)*
 1:00-2:00pm (1)
 2:00-3:00pm (3)
 3:00-4:30 pm (6)
 4:30-6:00pm (0)
 6:00-7:00pm (1)
 7:00-8:30pm (2)
 8:30-9:45pm (3)

*If extra laps needed b/w 11-11:30 and 12-1; please ask LG to add them

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)
 3:00-4:30pm (6)
 4:30-6:00pm (0)
 6:00-7:15pm (3)
 7:15-9:45pm (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)