the YMCA
FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

October Pool Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am	Adult Swim *6	Adult Swim *6	Adult Swim *6	Adult Swim *6	Adult Swim *6		
6:00am							
6:30am							
7:00am						Adult Swim *6	
7:30am							
8:00am	AM Workout *2		AM Workout *2		AM Workout *2		
8:30am							
9:00am	Open Swim *2	Tabata Tuesday *1	Open Swim *2	Open Swim *2	Open Swim *2	Open Swim *2	
9:30am							
10:00am	Aqua Ampd *1			H2O Tone *1	Aqua Bata *1		Open Swim *2
10:30am		Child Dvplmnt*0	Child Dvplmnt *0				
11:00am	Open Swim *2	Open Swim *2	Open Swim *2	Open Swim *2	Open Swim *2		
11:30am							
12:00pm							
12:30pm							
1:00pm							
1:30pm							
2:00pm							
2:30pm							
3:00pm		Valley School *3		Valley School *3			
3:30pm							HS Swim Team
4:00pm		Open Swim*2		*0			Water Aerobics
4:30pm				Swim Skill Club *4			Swim Skill Club
5:00pm	Wet n Wild *2		Wet n Wild *2				Child Development
5:30pm				Group Swim Lessons *2			Swim Lessons
6:00pm	Swim Skill Club *4						Adult Swim
6:30pm							Open Swim
7:00pm	Open *2			Open *2			Valley Lessons
7:30pm	(7:45)	(7:45)	(7:45)	(7:45)	(7:45)		
8:00pm							
		Schedule is subject to change	Number after * is how many lanes are open	Pool is closed during Child Development. Sauna remains open	Womens locker room is closed Tues/Wed from 10:45-11:45	Valley school swims from approx 2:45-3:45pm starts October 20	Group Swim Lessons are 5:30-6:45pm starting October 13