

# Revised Ken-Ton Family YMCA Session II Pool Schedule

## \*\*\*March 15<sup>th</sup> 2010 – May 1<sup>st</sup> 2010\*\*\*

<i>SUNDAY</i>	<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>	<i>SATURDAY</i>
Lap Swim 8:00 – 10:45am	Lap Swim 6:00 – 9:00am	Lap Swim 6:00 – 8:30am	Lap Swim 6:00 - 9:00am	Lap Swim 6:00 – 8:30am	Lap Swim 6:00 - 9:00am	Lap Swim 8:00 - 9:00am
<b>Family Swim 10:45am-11:45am</b>	Silver Splash 9:00 - 10:00am	Aquafit I 8:30 - 9:15am	Silver Splash 9:00 - 10:00am	Aquafit II 8:30 – 9:15am	Silver Splash 9:00 - 10:00am	Swim Lessons 9:00 – 12:30pm
# Pool Rental 11:45am-12:45pm	PreSchool 10:00 - 10:30am	Silversplash 9:15 - 10:00am	PreSchool 10:00 - 10:30am	Silversplash 9:15 - 10:00am	Water Tai Chi 10:00-11:00am	Private Lessons 12:30 - 2:00pm
<b>Family Swim 12:45pm-2:00pm</b>	Swim Lessons 10:30 - 11:00am	PreSchool 10:00 - 10:30am	Swim Lessons 10:30 - 11:00am	PreSchool 10:00 - 10:30am		# Pool Rental 2:00 - 3:00pm
# Pool Rental 2:00pm – 3:00pm	Arthritis Class 11:00 - 12:00pm	Swim Lessons 10:30 - 11:00am	Arthritis Class 11:00 - 12:00pm	Swim Lessons 10:30 - 11:00am	Arthritis Class 11:00 - 12:00pm	<b>Family Swim 3:00 - 4:30pm</b>
Open Water Exercise 3:00 - 4:00pm	Lap Swim 12:00 - 1:00pm	Private Lessons 11:00 - 11:30am	Lap Swim 12:00 - 1:00pm	Silver Splash 11:00 –12:00pm	Lap Swim 12:00 - 1:00pm	# Pool Rental 4:30 - 5:30pm
	Arthritis Class 1:00-2:00pm	# Homeschool 11:30 - 2:00pm	ArthritisII Class 1:00-2:00pm	# Summit Program 12:00 - 2:30pm	ArthritisII Class 1:00-2:00pm	<b>Family Swim 5:30 - 7:30pm</b>
	Lap Swim 2:00 - 3:00pm	Lap Swim 2:00 - 3:30pm	Lap Swim 2:00 - 3:00pm	Lap Swim 2:30 - 3:30pm	Lap/Family Swim** 2:00 – 4:00pm	Lap Swim 7:30 – 8:00pm
	<b>Family/Lap Swim* 3:00 - 3:45pm</b>	Swim Lessons 3:30 - 4:30pm	<b>Family/SACC/Lap Swim* 3:00 – 5:00pm</b>	Swim Lessons 3:30 - 4:30pm	Private Lessons 4:00-4:30pm	
	Swim Lessons 3:45 - 5:15pm	<b>Family/SACC Swim 4:30 - 5:00pm</b>	Swim Lessons 5:00 - 5:30pm	<b>Family/SACC Swim 4:30 - 5:00pm</b>	<b>SACC/Family Swim 4:30pm – 5:30pm</b>	
	<b>Family/SACC Swim 5:15 – 5:45pm</b>	Water Jogging 5:00 - 6:00pm	Private Lessons 5:30pm-6:00pm	Water Jogging 5:00 - 6:00pm	Aqua Mix 5:30-6:30pm	
	Porpoise Class I 5:45pm-6:30pm	Swim Lessons 6:00 - 7:30pm	Porpoise Class II 5:45-6:30pm	Swim Lessons 6:00 - 7:30pm	Rental/Swim Team 6:30 - 7:30pm	
	<b>Family Swim 6:30-7:30pm</b>	<b>Family Swim 7:30 – 8:30pm</b>	<b>Family Swim 6:30-7:30pm</b>	<b>Family Swim 7:30 – 8:30pm</b>	<b>Family Swim 7:30 - 8:30pm</b>	
	Aqua Mix 7:30-8:30pm	Adult Lessons 8:30 - 9:30pm	Aqua Mix 7:30-8:30pm	Lap Swim 8:30- 9:30pm	Private Lessons 8:30 – 9:00pm	
	Lap Swim* 8:30-9:30pm		Lap Swim 8:30-9:30pm		Lap Swim 9:00 - 9:30pm	

\*,\*\* Denotes number of lanes available for lap swim during another program

SACC – After School Child Care Program

# On days when the program is not running the pool is open for family/lap swim

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