



Northeast Family YMCA POOL SCHEDULE

Fall Session (Sept. 26 – December 16, 2010)

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Closed	Lap Swim 6:00-9:00 am	Lap Swim 6:00-8:30 am	Lap Swim 6:00-9:00 am	Lap Swim 6:00-8:30 am	Lap Swim 6:00-9:00 am	Closed
Lap Swim 8:00-10:00 am	Aqua Fit 9:00-10:00 am	Aqua Fit 8:30-9:30 am	Aqua Fit 9:00-10:00 am	Aqua Fit 8:30-9:30 am	Aqua Fit 9:00-10:00 am	Lap Swim 7:00-8:30 am
Adult Open 10:00-11:00 am	Silver Splash 10:00-11:00 am	Aqua Chi 9:45-10:45 am	Silver Splash 10:00-11:00 am	Pre School 9:30-10:30 am	Silver Splash 10:00-11:00 am	Aqua Fit 8:30-9:30 am
Family Swim 11:00 am - 3:00 pm	Maintenance 11:00-11:30 am	Strength and Stretch 10:45-11:45 am	Pre School 11:00-11:45 am	Strength and Stretch 10:45-11:45 am	Lap Swim 11:00 am - 1:00 pm	Swim Lessons 9:30 am -12:30 pm
Adult Open/Lap Swim 3:00-4:00 pm	Lap Swim 11:30 am -1:00 pm	Lap Swim 11:45 am - 1:00 pm	Lap Swim 11:45 am - 1:00 pm	Lap Swim 11:45 am -1:00 pm	Strength and Stretch 1:00-2:00 pm	Family Swim 12:30-4:00 pm Swim Team 12:30-2:00
Rental 4:00-5:00 pm	Strength and Stretch 1:00-2:00 pm	Autistic Services 1:00-2:00 pm	Strength and Stretch 1:00-2:00 pm	Sport and Splash 1:00-1:30 pm	Adult Open 2:00-3:00 pm	Adult Open 4:00-5:00 pm
	Adult Open 2:00-3:00 pm	Adult Open 2:00-3:00 pm	Adult Open 2:00-3:00 pm	Maintenance 1:30-2:00 pm	Family Swim 3:00-4:00 pm	Lap Swim 5:00-6:00 pm
	Family Swim 3:00-4:00 pm Swim Team 4:00-5:00	Family Swim 3:00-4:15 pm	Family Swim 3:00-4:00 pm Swim Team 4:00-5:00	Adult Open 2:00-3:00 pm Family Swim 3:00-4:15	Swim Team 4:00-5:00 pm	Rental 6:00-7:00 pm
	Lap Swim 5:00-6:00 pm Aqua Boot Camp 5:15-5:45	Swim Lessons 4:15-6:15 pm	Lap Swim 5:00-6:00 pm Aqua Boot Camp 5:15-5:45	Swim Lessons 4:15-6:15 pm	Lap Swim 5:00-6:00 pm	
	Aqua Mix & Kicks 6:00-7:00 pm	Pool Muscle Mixers 6:15-7:15 pm	Aqua Mix & Kicks 6:00-7:00 pm	Pool Muscle Mixers 6:15-7:15 pm	Swim Team 6:00-7:00 pm	
	Swim Team 7:00-9:00 pm	Family Swim 7:15-9:00 pm	Swim Team 7:00-9:00 pm	Swim Team 7:15-9:00	Family Swim 7:00-9:00	
	Lap Swim 9:00-10:00 pm	Lap Swim 9:00-10:00 pm	Lap Swim 9:00-10:00 pm	Lap Swim 9:00-10:00 pm	Lap Swim 9:00-10:00 pm	

Schedule subject to change. For more information call 839-2543