

# Ken-Ton Family YMCA Session IV Pool Schedule

## \*\*\*June 27<sup>th</sup> – September 4<sup>th</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 – 10:00am	Lap Swim 6:00 -8:30am	Lap Swim 6:00 – 8:30am	Lap Swim 6:00 – 8:30am	Lap Swim 6:00 – 8:30am	Lap Swim 6:00 – 8:30am	Lap Swim 8:00 - 9:00 am
Family Swim 10:00-11:00am	Silver Splash@ 8:30 – 9:30am	Aquafit 8:30 – 9:30am	Silver Splash@ 8:30 – 9:30am	Aquafit 8:30 – 9:30am	Silver Splash@ 8:30 – 9:30am	Swim Lessons 9:00 – 12:30pm
Lap**/Family Swim 11:00am-12:00pm	Summer Camp 9:30 – 11:30 am	Summer Camp 9:30 – 11:30am	Swim Lessons 9:30 – 11:30 am	Summer Camp 9:30 – 11:30 am	Summer Camp 9:30 – 11:30am	Private Lessons 12:30 - 1:00pm
	Arthritis 11:30 – 12:30pm	Lap**Family Swim 11:30 – 1:45pm	Arthritis 11:30 – 12:30pm	Aqua Chi 11:30 – 12:30pm	Arthritis 11:30 – 12:30pm	Pool Rental # 1:00 - 2:00pm
	Arthritis II 12:45-1:45pm		Arthritis II 12:45-1:45pm	Lap Swim 12:30 – 1:45pm	Arthritis II 12:45-1:45pm	Family Swim 2:00 – 3:00pm
	Camp Rec. Swim 1:45pm – 3:45pm	Camp Rec. Swim 1:45 – 3:45pm	Camp Rec. Swim 1:45pm – 3:45pm	Camp Rec. Swim 1:45-3:45pm	Camp Rec. Swim 1:45pm – 3:45pm	Open Water Exercise 3:00-4:00pm
		Swim Lessons 3:45 – 4:45pm	Family/Lap Swim* 3:45 - 5:00pm	Swim Lessons 3:45 - 4:45pm		
	Swim Lessons 3:45 – 5:15pm	Private Lessons 4:45 – 5:15pm	Swim Lessons 5:00 – 5:30pm	Private Lessons 4:45 - 5:15pm	Family Swim 3:45 - 5:30pm	
	Stroke & Turn 5:30pm-6:15pm	Waterjogging 5:15 – 6:00pm	Stroke & Turn 5:30pm-6:15pm	Waterjogging 5:15 – 6:00pm	Aquarobics 5:30 – 6:30pm	
	Lap*/Family Swim 6:15 – 7:30pm	Swim Lessons 6:00 – 7:30pm	Family/Lap Swim* 6:15 – 7:30pm	Swim Lessons 6:00 - 7:30pm	Rental # 6:30 - 7:30pm	
	Aquarobics 7:30-8:30pm	Family /Lap Swim* 7:30 - 8:30pm	Aquarobics 7:30-8:30pm	Family Swim 7:30 – 8:30pm	Family Swim 7:30 - 8:45pm	
	Lap Swim 8:30 – 9:30pm	Adult Lessons 8:30 - 9:30pm	Lap Swim 8:30 – 9:30pm	Lap Swim 8:30 - 9:30pm	Lap Swim 8:45 - 9:30pm	

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

# Denotes if no rental or program for that day pool is available for open swim