



We build strong kids, strong families, strong communities.

**Main Pool**

Summer June 27 – August 18, 2010

[www.ymcabuffaloniagara.org](http://www.ymcabuffaloniagara.org) (716) 674-9622

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 a.m.	Lap Swim 8:00 - 11:00am	Full Lap Swim 5:30 - 8:00am	Full Lap Swim 5:30 - 8:00am	Full Lap Swim 5:30 - 8:00am	Full Lap Swim 5:30 - 8:00am	Full Lap Swim 5:30 - 8:00am	Full Lap Swim 7:00 - 8:00am
7 a.m.		Silver Splash 8:00 - 9:00am	Strength And Stretch 8:00 - 9:00am	Silver Splash 8:00 - 9:00am	Strength and Stretch 8:00 - 9:00am	Silver Splash 8:00 - 9:00am	Strength and Stretch 8:00 - 9:00am
8 a.m.		Aqua-Fit II 9:00 - 10:00am	Aqua Fit II 9:00 - 10:00am	Aqua-Fit II 9:00 - 10:00am	Aqua Fit II 9:00 - 10:00am	Aqua-Fit II 9:00 - 10:00am	Aqua-Fit 9:00 - 10:00am
9 a.m.		Aqua-Fit 10:00 - 11:00am	Aqua Fit II 10:00 - 11:00am	Aqua-Fit II 10:00 - 11:00am	Aqua Fit II 10:00 - 11:00am	Aqua-Fit 10:00 - 11:00am	Swimming Lessons 10:00am - 12:30pm
10 a.m.	Open Swim 11:00am – 3:00pm	Gym Camp 11:00-11:30am Adult Beg. 11:00 – 11:30am	Aqua Mix 11:00am - 12:00pm	Gym Camp 11:00-11:30am Adult Beg. 11:00 – 11:30am	Aqua Mix 11:00am - 12:00pm	Gym Camp 11:00-11:30am Adult Beg. 11:00 – 11:30am	
11 a.m.			Open Swim 12:00 - 12:30pm		Open Swim 12:00 - 1:00pm		Adult Beg. 12:00 - 12:30pm
12 p.m.		Open Swim 11:30 – 1:00pm		Open Swim 11:30 - 1:00pm		Open Swim 11:30 - 1:00pm	
1 p.m.		Aqua Fitness 1:00-2:00pm	Aqua Fitness 12:30-1:30pm	Aqua Fitness 1:00-2:00pm	Aqua Fitness 12:30-1:30pm	Aqua Fitness 1:00-2:00pm	Adult Beg. 1:00 - 1:30pm
2 p.m.	Arthritis 2:00 - 3:00pm	Arthritis 1:30 - 2:30pm	Arthritis 2:00 - 3:00pm	Arthritis 1:30 - 2:30pm	Arthritis 2:00 - 3:00pm		
3 p.m.	Pool rental / Open Swim 3:00 - 4:45pm	Teen Camp 3:00-4:00pm	Gym Camp 2:30 – 3:00pm Teen Camp 3:00-4:00pm	Teen Camp 3:00-4:00pm	Gym Camp 2:30 – 3:00pm Teen Camp 3:00-4:00pm	Teen Camp 3:00-4:00pm	Open Swim 2:00 - 3:00pm
4 p.m.		Open Swim 4:00-6:00pm Private Lessons 4:00- 6:00pm	Open Swim 4:00-6:00pm Private Lessons 4:00 - 6:00pm	Open Swim 4:00-6:00pm Private Lessons 4:00 - 6:00pm	Open Swim 4:00-6:00pm Private Lessons 4:00 - 6:00pm	Open Swim 4:00-6:00pm Private Lessons 4:00 - 6:00pm	Pool rental / Open Swim 3:00 - 4:45pm
5 p.m.							
6 p.m.		Aqua-Fit II 6:00 – 7:00pm	Stength and Stretch 6:00 - 7:00pm	Aqua-Fit II 6:00 – 7:00pm	Strength and Stretch 6:00 - 7:00pm	Aqua-Fit II 6:00-7:00pm	
7 p.m.	Close 4:45pm	Swimming Lessons 7:00 – 8:30pm	Swimming Lessons 7:00 – 8:00pm	Swimming Lessons 7:00 – 8:30pm	Swimming Lessons 7:00 – 8:30pm	Pool rental 5:00 – 9:00pm	Close 4:45pm
8 p.m.		Open Swim 7:45 – 9:45pm Adult Beg.	Open Swim 7:45 - 9:45pm Adult Beg.	Open Swim 7:45 – 9:45pm Adult Beg.	Open Swim & Scuba 7:45 - 9:45pm Adult Beg.	Open Swim 7:00 – 9:45pm	
9 p.m.		8:30 – 9:00pm	8:30 - 9:00pm	8:30 – 9:00pm	8:30 - 9:00pm		
10:15pm.		Close 9:45pm	Close 9:45pm	Close 9:45pm	Close 9:45pm	Close 9:45pm	

Lap Swim Lanes available Monday – Friday 5:30am – 9:45pm, Saturday 7:00am – 4:45pm and Sunday 8:00am – 4:45pm  
Summer Camp Swim from 1:00-4:00pm Monday -Friday