



# Delaware Family YMCA POOL SCHEDULE

Winter Session (January 2<sup>nd</sup> – February 25<sup>th</sup>, 2012)

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Lap Swim 7:00-10:00 am	Lap Swim 6:00-9:00 am	Lap Swim 6:00-10:00 am	Lap Swim 6:00-9:00 am	Lap Swim 6:00-10:00 am	Lap Swim 6:00-9:00 am	Lap Swim 7:00-8:00 am
Aqua Fit 10:00-11:00 am	Water Ball Warm Up 9:00-9:25 am	Aqua Fit 10:00-11:00 am	Water Ball Warm Up 9:00-9:25 am	Aqua Fit 10:00-11:00 am	Water Ball Warm Up 9:00-9:25 am	Aqua Zumba ® 8:00-8:45 am
Family Swim 11:00 am - 2:00 pm	Silver Splash 9:25-10:25 am	Shrimp Dip 11:00 am-12:00 pm	Silver Splash 9:25-10:25 am	Shrimp Dip 11:00 am-12:00 pm	Silver Splash 9:25-10:25 am	Swim Lessons 9:00-1:00 pm
Pool Rental 2:00-3:00 pm	Water Walking 10:30-11:30 am	Lap Swim 12:00-1:30 pm	Water Walking 10:30-11:30 am	Lap Swim 12:00-1:30 pm	Water Walking 10:30-11:30 am	Pool Rental 1:00-2:00 pm
Lap Swim 3:00-4:00 pm	Lap Swim 11:30 am -12:30 pm	Family Swim 1:30-4:00 pm	Lap Swim 11:30 am – 12:30 pm	Family Swim 1:30-4:00 pm	Lap Swim 11:30 am – 12:30 pm	Family Swim 2:00-4:00 pm
	Strength & Stretch 12:30-1:30 pm	Swim Lessons 4:00-6:30 pm	Strength & Stretch 12:30-1:30 pm	Swim Lessons 4:00-6:30 pm	Strength & Stretch 12:30-1:30 pm	Pool Rental 4:00-5:00 pm
	Family Swim 1:30-4:00 pm	Lap Swim 6:30-7:15 pm	Family Swim 1:30-4:00 pm	Lap Swim 6:30-7:15 pm	Family Swim 1:30-4:00 pm	Lap Swim 5:00-6:00 pm
	SACC Swim 4:00-5:00 pm	Aqua Fit 7:15-8:15 pm	SACC Swim 4:00-5:00 pm	Aqua Fit 7:15-8:15 pm	SACC Swim 4:00-5:00 pm	
	Lap Swim 5:00-6:00 pm	Lap Swim 8:15-9:00 pm	Lap Swim 5:00-5:45 pm	Lap Swim 8:15-9:00 pm	Lap Swim 5:00-6:00 pm	
	Sports & Splash 6:00-6:40pm		White Water Workout 5:45-6:45 pm		Swim Club 6:00-6:30 pm	
	Swim Lessons 6:40-8:15pm		Sports & Splash 6:45-7:25 pm		Water Fun 6:30-7:00 pm	
	Family Swim 8:15-9:00 pm		Family Swim 7:30-9:00 pm		Family Swim 7:00-9:00 pm	

Revised 12/29/11

Schedule subject to change. For more information call 875-1283

