



Ken Ton Family YMCA POOL SCHEDULE

Winter . Session I (January 2 – February 25, 2012)

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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
Family Swim 10:45am-11:45am	SilverSplash® 9:00 - 10:00am	AquaFit 8:30 - 9:15am	SilverSplash® 9:00 - 10:00am	AquaFit 8:30 – 9:15am	SilverSplash® 9:00 - 10:00am	Swim Lessons 9:00 – 12:30pm
# Pool Rental 11:45am-12:45pm	Preschool 10:00 - 10:30am	AquaZumba® 9:15 - 10:00am	Preschool 10:00 - 10:30am	AquaZumba® 9:15 - 10:00am	Maintenance 10:00-11:00am	Private Lessons 12:30 - 2:00pm
Family Swim 12:45pm-2:00pm	Swim Lesson 10:30 - 11:00am	Preschool 10:00 - 10:30am	Swim Lesson 10:30 - 11:00am	Preschool 10:00 - 10:30am		# Pool Rental 2:00 - 3:00pm
# Pool Rental 2:00pm – 3:00pm	Aquatics Strength & Stretch 11:00 - 12:00pm	Swim Lesson 10:30 - 11:00am	Aquatics Strength & Stretch 11:00 - 12:00pm	Swim Lesson 10:30 - 11:00am	Aquatics Strength & Stretch 11:00 - 12:00pm	Family Swim 3:00 - 4:30pm
Open Water Exercise 3:00 - 4:00pm	Lap Swim 12:00 - 1:00pm	Water Walking 11:00 - 11:30am	Lap Swim 12:00 - 1:00pm	Water Walking 11:00 –12:00pm	Lap Swim 12:00 - 1:00pm	# Pool Rental 4:30 - 5:30pm
	Aquatics Strength & Stretch 1:00-2:00pm	# Homeschool 11:30 - 2:00pm	Aquatics Strength & Stretch 1:00-2:00pm	# Summit Program 12:00 - 2:30pm	Aquatics Strength & Stretch 1:00-2:00pm	Family Swim 5:30 - 7:30pm
	Lap Swim 2:00 - 3:00pm	Lap Swim 2:00 - 4:00pm	Lap Swim 2:00 - 3:00pm	Lap Swim 2:30 - 4:00pm	Lap** / Family Swim 2:00 – 4:00pm	Lap Swim 7:30 – 8:00pm
	Family Swim 3:00 - 3:45pm	SACC / Family Swim 4:00 - 5:00pm	SACC / Family Swim 3:00 – 4:45pm	SACC / Family Swim 4:00 - 5:00pm	Private Lesson 4:00-4:30pm	
	Swim Lessons 3:45 - 5:15pm				SACC / Family Swim 4:30pm – 5:30pm	
	SACC Swim 5:15 – 5:45pm	Water Walking 5:00 - 6:00pm	Swim Lessons 4:45-5:45pm	AquaZumba® 5:00 - 6:00pm	Aqua Mix 5:30-6:30pm	
	Cobras Swim Team 5:45-7:45pm	Swim Lessons 6:00 - 7:30pm	Cobras Swim Team 5:45-7:45pm	Swim Lessons 6:00 - 7:30pm	Pool Rental 6:30 - 7:30pm	
		Cobras Swim Team 7:30 – 8:30pm		Cobras Swim Team 7:30 – 8:30pm	Family Swim 7:30 - 8:30pm	
	Aqua Mix 7:45-8:45pm		Aqua Mix 7:45-8:45pm		Private Lessons 8:30 – 9:00pm	
	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 9:00 - 9:30pm	

Key:

* , ** Denotes number of lanes available for lap swim during another program
On days when the program is not running the pool is open for family / lap swim
SACC – After School Child Care Program