



NORTHEAST FAMILY YMCA

Aquatics Schedule

Winter Session (January 3 – February 27)



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Closed	Mater's Swim 6:00-7:30	Lap Swim 6:00-8:30	Mater's Swim 6:00-7:30	Lap Swim 6:00-8:30	Mater's Swim 6:00-7:30	Closed
	7:30-9:00 Lap Swim	SilverSplash 8:30-9:30	Lap Swim 7:30-9:00	SilverSplash 8:30-9:30	Lap Swim 7:30-9:00	Lap Swim 7:00-8:30
Lap Swim 8:00-10:00	AquaFit 9:00-10:00	AquaChi 9:30-10:30	AquaFit 9:00-10:00	Pre-School 9:30-10:30	AquaFit 9:00-10:00	AquaFit 8:30-9:30
Adult Open 10:00-11:00	SilverSplash 10:00-11:00	Arthritis Aquatics 10:30-11:30	SilverSplash 10:00-11:00	Arthritis Aquatics 10:30-11:30	SilverSplash 10:00-11:00	9:30-12:30 Swim Lessons
Family Swim 11:00-3:00	Maintenance 11:00-11:30	Lap Swim 11:30-1:00	Pre-School 11:00-11:45	Lap Swim 11:30-1:00	SKIP Swim Lesson 11:00-11:30	Family Swim 12:30-4:00
Lap Swim 3:00-4:00	Lap Swim 11:30-1:00	Autistic Services 1:00-2:00	Lap Swim 11:45-1:00	Sport and Splash 1:00-1:30	Lap Swim 11:30-1:00	Adult Open 4:00-5:00
Rental 4:00-5:00	Arthritis Aquatics 1:00-2:00	Adult Open 2:00-3:00	Arthritis Aquatics 1:00-2:00	Maintenance 1:30-2:00	Arthritis Aquatics 1:00-2:00	Lap Swim 5:00-6:00
Closed	Adult Open 2:00-3:00	Family Swim 3:00-4:15	Adult Open 2:00-3:00	Adult Open 2:00-3:00	Adult Open 2:00-3:00	Rental 6:00-7:00
	Family Swim 3:00-4:00	Swim Lesson 4:15-6:15	Family Swim 3:00-4:00	Family Swim 3:00-4:15	Family Swim 3:00-4:00	Closed
	Swim Team 4:00-5:00	Muscle Mixers 6:15-7:15	Swim Team 4:00-5:00	Swim Lessons 4:15-6:15	Swim Team 4:00-5:00	
	Lap Swim 5:00-6:00	Family Swim 7:15-8:30	Lap Swim 5:00-6:00	Muscle Mixers 6:15-7:15	Lap Swim 5:00-6:00	
	Aqua Mix & Kicks 6:00-7:00	Lap Swim 8:30-10:00	Aqua Mix & Kicks 6:00-7:00	Swim Team 7:15-8:30	Swim Team 6:00-7:00	
	Swim Team 7:00-9:00		Swim Team 7:00-9:00	Lap Swim 8:30-10:00	Family Swim 7:00-8:30	
	Lap Swim 9:00-10:00		Lap Swim 9:00-10:00		Lap Swim 8:30-10:00	

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