



NIAGARA FALLS FAMILY YMCA
POOL SCHEDULE
 February 2012

FOR YOUTH DEVELOPMENT
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
OPEN SWIM 7:00AM-9:00AM	OPEN SWIM 5:30AM-8:45AM	OPEN SWIM 5:30AM-3:30PM	OPEN SWIM 5:30AM-8:30PM	OPEN SWIM 5:30AM-6:00PM	OPEN SWIM 5:30AM-8:45AM	OPEN SWIM 7:00AM-10:00AM	
FAMILY SWIM 9:00AM-11:00AM	AQUAFIT 8:45AM-10:15AM				AQUAFIT 8:45AM-10:15AM	OPEN SWIM 10:15AM-3:00PM	SWIM LESSONS 10:00AM-1:00PM
LAP SWIM 11:00AM-1:00PM	OPEN SWIM 10:15AM-3:00PM				OPEN SWIM 10:15AM-3:00PM		
FAMILY SWIM 1:00PM-3:00PM	SACC SWIM 3:00PM-5:00PM	SWIM LESSONS 3:30PM-5:15PM		ADAPTED SWIM 6:00PM-7:00PM	SACC SWIM 3:00PM-5:00PM	LAP SWIM 1:00PM -4:00PM	
	OPEN SWIM 5:00AM-8:30PM	OPEN SWIM 5:15PM-8:30PM			OPEN SWIM 7:00PM-8:30PM	OPEN SWIM 5:00PM-8:30PM	FAMILY SWIM 4:00PM-6:00PM

SINGLE LAP LANE AVAILABLE DURING ALL OPEN SWIM TIMES.