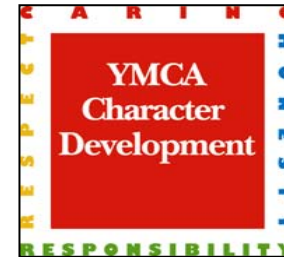




CLIPPARD FAMILY YMCA

INDOOR PROGRAM POOL SCHEDULE

Spring
April 14th-May 31st



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
6:00am	Lap Swim Only	Lap Swim Only	Lap Swim Only	Lap Swim Only	Lap Swim Only			
7:00am	5:30-8:45am	5:30-8:45am	5:30-8:45am	5:30-8:45am	5:30-8:45am			Lap Swim Only
8:00am								7:00-8:45
9:00am	AquaFit 9:00-9:55	Combo 9:00-9:55	AquaFit 9:00-9:55	Combo 9:00-9:55	AquaFit 9:00-9:55			Variety Pack 9:00-9:55
10:00am	Lessons 10:00-11:00	Lessons 10:00-11:30	Lessons 10:00-11:00	Lessons 10:00-11:30	Lessons 10:00-11:00			Lessons
11:00am	*AOA 11:05-12:00		*AOA 11:05-12:00	*AOA 11:05-12:00	*AOA 11:05-12:00			
12:00pm	Lap Swim Only 12:00-12:55 (Wed continues until 4:15)					Scout Badge Program & Lap Swim	Lap Swim Only 12:00-6:45pm	
1:00pm	Arthritis 1:00-2:00	Arthritis 1:00-2:00		Arthritis 1:00-2:00	Deep Arthritis 1:00-1:45			
2:00pm	Open/Lap Swim Only	Open/Lap 2:00-3:15	Open/Lap Swim Only	Open/Lap 2:00-3:15	Open/Lap Swim 2-9:45			
3:00pm	2:00-4:15pm	Splash/Dash 3:15-4:00	(Wed lap swim begins at 12)	Splash/Dash 3:15-4:00				
4:00pm	*Swim Team Only 4:30-6:00							
5:00pm								
6:00pm	Lessons 6:00-7:00	Combo 6:05-6:55	Lessons 6:00-7:00	Combo 6:05-6:55				
7:00pm	Aqua Fit 7:05-7:55	Lessons 7:00-8:00	Aqua Fit 7:05-7:55	Lessons 7:00-8:00				
8:00pm				Adult Lessons 8-8:45				
9:00pm	Open/ Lap Swim 8:00-9:45 M-W			Lap Swim Only				
9:45pm				8:45-9:45				

Updated 5/2/08

POOL SCHEDULE MAY CHANGE FOR PROGRAMMING NEEDS

Please see Reverse Side for Lap Lane Availability

"Open/Lap Swim" denotes 3 lap lanes are setup for lap swimmers, with three lanes being used for open swim

*No lap lanes Available

Aquatic Fitness Class Times

Active Older Adults

Monday, Wednesday & Friday 11:05-12:00pm

Aqua Fitness

Monday, Wednesday, Friday 9:00-9:55am

Monday, Wednesday 7:05-7:55pm

Aqua Combo

Tuesday, Thursday

Tuesday, Thursday 6:05-6:55pm

Arthritis YMCA Program

Monday, Tuesday, Thursday 1:00-2:00pm

Deep Water Arthritis

Friday 1:00-1:45pm

Instructors Choice/Variety Pack

Saturday 9:00-9:55am

Aqua Stride (Located in Indoor Water Park)

Tuesday, Thursday 10:00-10:30am

Adult Walking (Located in Indoor Water Park)

Monday, Wednesday, Friday 10:00-11:00am

Tuesday, Thursday 10:30am-11:00am

Monday

5:30-8:45am (6)
 8:45-9:55am (1)
 10:00-10:55 (2)
 12:00-12:55pm (6)
 1:00-2:00pm (1)
 2:00-4:15pm (3)
 4:30-7:00pm (0)
 7:00-8:00pm (1)
 8:00-9:45pm (3)

Tuesday

5:30-8:45am (6)
 8:45-9:55 (1)
 10:00am-12:00pm (2)
 12:00-12:55pm (6)
 1:00-2:00pm (1)
 2:00-4:15pm (3)
 4:30-6:00pm (0)
 6:00- 7:00pm (1)
 7:00-8:00pm (2)
 8:00-9:45pm (3)

Wednesday

5:30-8:45am (6)
 8:45-9:55am (1)
 10:00-10:55 (2)
 12:00-2:00pm (6)
 2:00-4:15pm (3)
 4:30-7:00pm (0)
 7:00-8:00pm (1)
 8:00-9:45pm (3)

Thursday

5:30-8:45am (6)
 8:45-9:55am (1)
 10:00am-12:00pm (2)
 12:00-12:55pm (6)
 1:00-2:00pm (1)
 2:00-4:15pm (3)
 4:30-6:00pm (0)
 6:00- 7:00pm (1)
 7:00-8:00pm (2)
 8:00-8:45pm (3)
 8:45-9:45pm (6)

Friday

5:30-8:45am (6)
 8:45-9:55am (1)
 10:00-10:55 (2)
 12:00-12:55pm (6)
 1:00-2:00pm (1)
 2:00-9:45pm (3)

Saturday

7:00-9:30am (6)
 9:30-12:15pm (0)
 12:15-6:45pm (3)

Sunday

12:00-6:00pm (6)

Updated 5/2/08

Lap Swim Times

* Schedule may change for programming needs. Please check with the lifeguard on duty with any questions concerning pool availability.