

# YMCA Summer 2009 Aquatics Effective June 22nd

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
5:00 a.m. -	Open Swim 5-5:30 am	Open Swim 5-5:30 am	Open Swim 5-5:30 am	Open Swim 5-5:30 am	Open Swim 5-5:30 am	C L O S E D	
6:00 a.m. -	Water Aerobics 5:30-6:30 am	Adult Leisure	Water Aerobics 5:30-6:30 am	Adult Leisure	Water Aerobics 5:30-6:30 am		
	Quiet Family Swim 6:30-8 am	Swim 5:30-8 am	Quiet Family Swim 6:30-8 am	Swim 5:30-8 am	Quiet Family Swim 6:30-8 am		
7:00 a.m. -						Open Swim	
8:00 a.m. -	Water Aerobics 8-9 am	Water Walking 8-9 am	Water Aerobics 8-9 am	Water Walking 8-9 am	Water Aerobics 8-9 am	7-8:45 am	
9:00 a.m. -	Water Exercise 9-10 am	Arthritis Class 9-10 am	Water Exercise 9-10 am	Arthritis Class 9-10 am	Water Exercise 9-10 am	Swim	
10:00 a.m. -	Swim Lessons 10-11 am	Swim Lessons 10-11 am	Swim Lessons 10-11 am	Swim Lessons 10-11 am	Family Swim 10-11 am	Lessons 9-11:30 am	
11:00 a.m. -	Arthritis Class 11:00-12:00 pm	Camp Swim 11:00-12:00	Arthritis Class 11-12 noon	Family Swim 11:15-1:00 pm	Camp Swim 11:00-12:00 pm		Family Swim
						Open	
12 noon -	Water Wellness 12-1:30 pm	Family Swim	Water Wellness 12-1:15 pm	Open Swim	Water Wellness 12-1:30 pm	Swim	11 am-1 pm
1:00 p.m. -	Camp Swim 1:30-2:30 pm	12:15-2:00	Open Swim 1:15-2:00 pm	1:15-3:00	Adult Swim 1:30-2 pm	Session 1	Open Swim
2:00 p.m. -			Camp Swim 2:00-3:00 pm		Open	11:45 am-3 pm	Session 1 1:15-4:00 pm
3:00 p.m. -	Open Swim	Open Swim	Open Swim	Camp Swim	Swim	Open	Open
4:00 p.m. -	2:45-5:00 pm	2:15-4:15	3:15-5:00 pm	3:15-4:15 pm	2:15-5:00 pm	Swim	Swim
5:00 p.m. -		Swim		Swim			
	Water Aerobics 5-6:00 pm	Lessons	Water Aerobics 5-6:00 pm	Lessons	Water Aerobics 5-6 pm	Session 2	Session 2
6:00 p.m. -	Pre-natal 6-7:00 pm	4:30-6:30 pm	Pre-natal 6-7:00 pm	4:30-6:30 pm	Open Swim	3:15-6:30 pm	4:15-6:30 pm
	Swim Lessons 6:00-7:30 pm	Water Exercise 6:30-7:30 pm	Swim Lessons 6:00-7:30 pm	Water Exercise 6:30-7:30 pm	6-7:30 pm		
7:00 p.m. -						C L O S E D	
8:00 p.m. -	Water Aerobics 7:30-8:30 pm	Open	Water Aerobics 7:30-8:30 pm	Open			
	Adult Tranquility Swim	Swim 7:45-9 pm	Adult Tranquility	Swim 7:45-9 pm	Family Swim 7:45-9:00 pm		
9:00 p.m. -	8:45-9:30 pm	Adult Tranquility Swim 9-9:30 pm	Swim 8:45-9:30 pm	Adult Tranquility Swim 9-9:30 pm	Adult Tranquility Swim 9-9:30 pm		
10:00 p.m. -	Staff Shut Down Time 9:30-10 pm	Staff Shut Down Time 9:30-10 pm	Staff Shut Down Time 9:30-10 pm	Staff Shut Down Time 9:30-10 pm	Staff Shut Down Time 9:30-10 pm	Rev. 6/19/09	



# Clark County Family YMCA

## Pool Schedule Summer 2009 - Effective June 22, 2009

\* Family Swim requires parents to be in the pool with children under the age of 18  
 \*\* Open Swim – children 5 and under must have a parent or adult guardian in the pool at all times.  
 \*\*\*Children ages 6 & 7 must have a parent or adult guardian either in the water or on the pool deck at all times.  
 \*\*\*\*Adult Tranquility Swim – lights dimmed, soothing music, adults only

	Mon	Tue	Wed	Thu	Fri	Sat
5:30-6:30 a.m.	Water Aerobics <i>Level II/III</i>		Water Aerobics <i>Level II/III</i>		Water Aerobics <i>Level II/III</i>	
8-9 a.m.	Water Aerobics <i>Level II/III</i>	Water Walking <i>All levels</i>	Water Aerobics <i>Level II/III</i>	Water Walking <i>All levels</i>	Water Aerobics <i>Level II/III</i>	
9-10 a.m.	Water Exercise <i>All levels</i>	Arthritis <i>All levels</i>	Water Exercise <i>All levels</i>	Arthritis <i>All levels</i>	Water Exercise <i>All levels</i>	
10-11 a.m.						
11-12 p.m.	Arthritis <i>All Levels</i>		Arthritis <i>All levels</i>			
12-1:30 p.m.	Water Wellness <i>All levels</i>				Water Wellness <i>All levels</i>	
12-1:15 p.m.			Water Wellness <i>All levels</i>			
1:30-2:30						
5-6 p.m.	Water Aerobics <i>All levels</i>		Water Aerobics <i>All levels</i>		Water Aerobics <i>All levels</i>	
6-7 p.m.	Pre-natal <i>Registration required</i>		Pre-natal <i>Registration required</i>			
6:30-7:30 p.m.		Water Exercise <i>All levels</i>		Water Exercise <i>All levels</i>		
7:30-8:30 p.m.	Water Aerobics <i>Level II/III</i>		Water Aerobics <i>Level II/III</i>			