

Winter 2010 Aquatics Schedule

January 4th – March 28th

	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		
7:00 a.m. -	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		
8:00 a.m. -	Water Aerobics 8-9:00 am	Water Walking 8-9:00 am	Water Aerobics 8-9:00 am	Water Walking 8-9:00 am	Water Aerobics 8-9:00 am	Open Swim 7-8:45 am	Session 1
9:00 a.m. -	Water Exercise 9-10:00 am	Arthritis Class 9-10:00 am	Water Exercise 9-10:00 am	Arthritis Class 9-10:00 am	Water Exercise 9-10:00 am	Swim Lessons	
10:00 a.m. -	Home Choice	Swim Lessons 10-11:00 am	Adult Leisure Swim 10-11:00 am	Swim Lessons 10-11:00 am	Home Link	9-11:00 am	Family Swim
11:00 a.m. -	10-11:45 (Open Swim 1/18 and 2/15)	Home Choice 11:00-12:45	Arthritis Class 11 -12 noon	Family Swim* 11-12:45 pm	10-12:00 pm		
12 noon -	Water Wellness 12-1:30 pm	Family Swim 12:45-2:30 pm	Water Wellness 12-1:00 pm	Open Swim 1-4:45 pm	Water Wellness 12-1:30 pm	Open Swim Session 2	11 am-1:00 pm
1:00 p.m. -	Arthritis Class 1:30-2:30 pm		Home Link 1:00-3:00 pm		Adult Leisure 1:30-2 pm	11:15 am-2 pm	Open Swim Session 1
2:00 p.m. -	Member Only	Open Swim 2:45-4:45 pm	Member Only	Open Swim 2:15-5:00 pm	Open Swim 2:15-4:15	Open Swim Session 3	Open Swim Session 2
3:00 p.m. -		2:30-5:00 pm					
4:00 p.m. -	Water Aerobics 5-6:00 pm	Swim Lessons 5-6:30 pm	Water Aerobics 5-6:00 pm	Swim Lessons 5-6:30 pm	Water Aerobics 5-6 pm	Member Only	4:15-6:30 pm
5:00 p.m. -	Pre-natal 6-7:00 pm	Water Exercise 6:30-7:30 pm	Pre-natal 6-7:00 pm	Water Exercise 6:30-7:30 pm	Open Swim** 6-7:30 pm	4:30-6:30 pm	(Closed at 5:00 pm 1/17)
6:00 p.m. -	Swim Lessons 6:00-7:30 pm		Swim Lessons 6:00-7:30 pm				
7:00 p.m. -	Water Aerobics 7:30-8:30 pm	Member Only***	Water Aerobics 7:30-8:30 pm	Member Only	Family Swim 7:45-9:00 pm	C L O S E D	
8:00 p.m. -	Adult Tranquility Swim 8:45-9:30 pm	7:45-9 pm	Adult Tranquility 8:45-9:30 pm	7:45-9 pm			
9:00 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	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. 12/28/09	



Clark County Family YMCA Pool Schedule Fall 2009

For more information please contact a Membership Representative at
360-885-9622 or www.ymca-clarkcounty.org

Open Swim and Family Swim – children under 8 must be within arms length of a responsible adult 18 years or older.

Member Only Swim-must be a current member to attend.

Adult Tranquility Swim – lights dimmed, soothing music, adults only

	Mon	Tue	Wed	Thu	Fri	Sat
5:30-6:30 a.m.	Water Aerobics <i>All levels</i>		Water Aerobics <i>All levels</i>		Water Aerobics <i>All levels</i>	
8-9 a.m.	Water Aerobics <i>All levels</i> <i>With Dana</i>	Water Walking <i>All levels</i> <i>With Dana</i>	Water Aerobics <i>All levels</i> <i>With Dana</i>	Water Walking <i>All levels</i> <i>With Dana</i>	Water Aerobics <i>All levels</i> <i>With Dana</i>	
9-10 a.m.	Water Exercise <i>All levels</i> <i>With Heidi</i>	Arthritis <i>All levels</i> <i>With Mark</i>	Water Exercise <i>All levels</i> <i>With Heidi</i>	Arthritis <i>All Levels</i> <i>With Mark</i>	Water Exercise <i>All levels</i> <i>With Heidi</i>	
10-11 a.m.						
11-12 p.m.			Arthritis <i>All levels</i> <i>With Dana</i>			
12-1:30 p.m.	Water Wellness <i>All levels</i> <i>With Dana</i>				Water Wellness <i>All levels</i> <i>With Dana</i>	
12-1:00 p.m.			Water Wellness <i>All levels</i> <i>With Dana</i>			
1:30-2:30	Arthritis <i>All Levels</i> <i>With Dana</i>					
5-6 p.m.	Water Aerobics <i>All levels</i> <i>With Dana</i>		Water Aerobics <i>All levels</i> <i>With Dana</i>		Water Aerobics <i>All levels</i> <i>With D. Drew</i>	
6-7 p.m.	Pre-natal <i>Cancelled until further notice</i>		Pre-natal <i>Cancelled until further notice</i>			
6:30-7:30 p.m.		Water Exercise <i>All levels</i> <i>With D. Drew</i>		Water Exercise <i>All levels</i> <i>With D. Drew</i>		
7:30-8:30 p.m.	Water Aerobics <i>All levels</i> <i>With D. Drew</i>		Water Aerobics <i>All levels</i> <i>With Christie</i>			