

YAQUATICS

Aberdeen Family YMCA Lap Pool Schedule

Effective for July 2010 ONLY

Space will be (VERY) limited during swim lessons!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
5:30 AM	CLOSED	Water	CLOSED	Water	CLOSED	CLOSED	CLOSED		
6:00 AM	Lap Swim 6:00-10:00AM	Wake-Up	Lap Swim 6:00-10:00AM	Wake-Up	Lap Swim 6:00AM-12:00PM				
6:30 AM		5:35-6:30AM		5:35-6:30AM					
7:00 AM									
7:30 AM									
8:00 AM									
8:30 AM	Aquacise 9:00-10:00AM	Lap Swim 5:35AM- 5:30PM	Aquacise	Lap Swim 5:35AM- 5:30PM	Aquacise	Lap Swim 7:00-10:00AM			
9:00 AM			9:00-10:00AM		9:00-10:00AM			9:00-10:00AM	
9:30 AM									
10:00 AM			Swim Lessons 10:00-11:45AM		Swim Lessons 10:00-11:45AM			Open Swim 10:00AM-12:00PM	Swim Lessons 10:00-11:45AM
10:30 AM									
11:00 AM									
11:30 AM	Lap Swim 11:45AM-7:00PM	Lap Swim 11:45AM-7:00PM	Lap Swim 12:00-7:00PM	Lap Swim 11:45AM-4:00PM	Lap Swim 12:00-4:00PM				
12:00 PM						Young @ Heart 1:00-1:45PM	Young @ Heart 1:00-1:45PM		
12:30 PM									
1:00 PM	Open Swim 2:00-7:00PM	Open Swim 2:00-4:45PM	Open Swim 2:00-5:30PM	Open Swim 2:00-4:45PM	Open Swim 2:00-7:00PM	Open/Family Swim 1:00-4:00PM	Open/Family Swim 1:00-4:00PM		
1:30 PM									
2:00 PM									
2:30 PM									
3:00 PM									
3:30 PM						WWW 4:45-5:30PM	Cross Train 5:30-6:30PM	WWW 4:45-5:30PM	Swim Lessons 5:30-7:15PM
4:00 PM									
4:30 PM									
5:00 PM						H2O Volleyball 5:30-6:30PM	Open Swim 6:30-7:00PM	Swim Lessons 5:30-7:15PM	Swim Lessons 5:30-7:15PM
5:30 PM									
6:00 PM	Swim Lessons 5:30-7:15PM	Lap Swim 7:00-8:00PM	Lap Swim 7:00-8:00PM	Lap Swim 7:00-8:00PM	Lap Swim 7:00-8:00PM	CLOSED	CLOSED		
6:30 PM									
7:00 PM									
7:30 PM	Lap Swim 7:00-8:00PM	Lap Swim til 8PM	Lap Swim til 8PM	Lap Swim til 8PM	Lap Swim 7:00-8:00PM				
8:00 PM									

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Look for the August schedule at the end of July!