

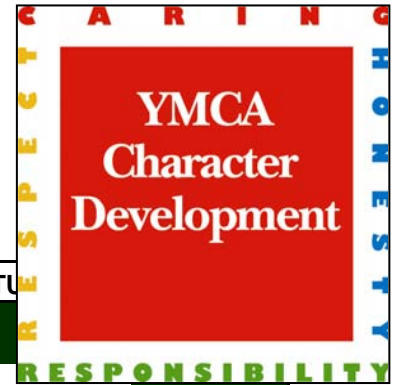


# CLIPPARD FAMILY YMCA

## INDOOR PROGRAM POOL SCHEDULE

### Winter I and Winter II 2010

#### January 4th - April 10th 2010



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>6:00am</b>	Lap Swim Only	Lap Swim Only	Lap Swim Only	Lap Swim Only	Lap Swim Only		
<b>7:00am</b>	5:30-8:45am	5:30-8:45am	5:30-8:45 am	5:30-8:45am	5:30-8:45am	Lap Swim Only	
<b>8:00am</b>						7:00-8:45am	
<b>9:00am</b>	AquaFit 9:00-9:55am	Combo 9:00-9:55am	AquaFit 9:00-9:55am	Combo 9:00-9:55am	AquaFit 9:00-9:55am	Variety Pack 9:00-9:55	
<b>10:00am</b>	Lap Swim 10:00-11:00	Lessons 10:00-11:00am	Lessons 10:00-11:00am	Lessons 10:00-11:00am	Open/Lap Swim 10:00-11:00am	Lessons	
<b>11:00am</b>	*AOA 11:05-12:00pm	Lap Swim 11:00-1:00pm	*AOA 11:05-12:00pm	Lessons 11:30-12:00pm/Lap Swim 11:00-1:00pm	*AOA 11:05-12:00pm	10:00-11:30 am	
<b>12:00pm</b>	Lap Swim Only 12:00-1:00pm					Scout Badge	Lap Swim
<b>1:00pm</b>	Arthritis 1:00-2:00pm	Arthritis 1:00-2:00pm	Lap Swim Only 1:00-2:00pm	Arthritis 1:00-2:00pm	Lap Swim Only 1:00-2:00pm	& Lap Swim	12:00-3:00pm
<b>2:00pm</b>	Open/Lap 2:00-2:55pm	Open/Lap 2:00-2:55pm	Open/Lap 2:00-2:55pm	Open/Lap 2:00-2:55pm	Open/Lap 2:00-2:55pm	12:15-3:00pm	
<b>3:00pm</b>	Lap Swim 3-4:30	Lap Swim 3-4:30	Lap Swim 3-4:30	Lap Swim 3-4:30	Lap Swim 3-4:30		
<b>4:00pm</b>	Swim Team	*Swim Team	*Swim Team	*Swim Team	*Swim Team	Open/Lap Swim	Open/Lap Swim
<b>5:00pm</b>	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm	3:00-6:45pm	3:00-6:45pm
<b>6:00pm</b>	Lessons 6:00-7:00pm	*Lessons/Variety 6:00-6:55	Lessons 6:00-7:00pm	Variety 6:00-6:55	Swim Team 6:00-7:15pm		
<b>7:00pm</b>	*Aqua Fit 7:05-8:00pm/Swim Team	Lap Swim/	Aqua Fit 7:05-8:00pm/Swim Team	Lap Swim/	Open/Lap Swim		
<b>8:00pm</b>	Open/Lap Swim 8:00-8:45pm	Swim Team 7:00-8:30pm	Lessons 8-8:45/Lap Swim	Swim Team 7:00-8:30pm	7:15-9:45pm		
<b>9:00pm</b>							
<b>9:45pm</b>	Open/Lap Swim 8:45-9:45pm						

12/18/2009

**POOL SCHEDULE MAY CHANGE FOR PROGRAMMING NEEDS:** During programs one or two lap lanes may be available  
 "Open/Lap Swim" denotes 3 lap lanes are setup for lap swimmers, with 3 lanes being used for open swim  
 (\*) denotes 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 7:05-8:00pm

### ***Aqua Combo***

Tuesday, Thursday 9:00-9:55

### ***Arthritis YMCA Program***

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

### ***Instructors Choice/Variety Pack***

Tuesday, Thursday 6:00-6:55pm

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

\*Schedule may change due to programming needs.

## Lap Swim Times

### *Monday*

5:30-8:45am (6)  
 8:45-10:00am (1)  
 10:00-11:00am (6)  
 11:00-12:00am (0)  
 12:00-12:55pm (6)  
 1:00-2:00pm (1)  
 2:00-3:00pm (3)  
 3:00-4:30 pm (6)  
 4:30-6:00 pm (6)  
 6:00-7:00pm (3)  
 7:00-8:15pm (3)  
 8:15-9:45pm (3)

### *Tuesday*

5:30-8:45am (6)  
 8:45-10:00am (1)  
 10:00-11:00am (3)  
 11:00-12:55pm (6)  
 1:00-2:00pm (1)  
 2:00-3:00pm (3)  
 3:00-4:30 pm (6)  
 4:30-6:00pm (6)  
 6:00-7:00pm (1)  
 7:00-8:30pm (6)  
 8:30-9:45 (3)

### *Wednesday*

5:30-8:45am (6)  
 8:45-10:00am (1)  
 10:00-11:00am (3)  
 11:00-12:00am (0)  
 12:00-2:00pm (6)  
 2:00-3:00pm (3)  
 3:00-4:30 pm (6)  
 4:30-6:00 pm (6)  
 6:00-7:00pm (3)  
 7:00-8:15pm (6)  
 8:15-9:45pm (3)

### *Thursday*

5:30-8:45am (6)  
 8:45-10:00pm (1)  
 10:00-11:00am (3)  
 11:00-12:55pm (4)\*  
 1:00-2:00pm (1)  
 2:00-3:00pm (3)  
 3:00-4:30 pm (6)  
 4:30-6:00pm (6)  
 6:00-7:00pm (1)  
 7:00-8:30pm (6)  
 8:30-9:45pm (3)

\*If extra laps needed b/w 11-11:30 and 12-1; please ask LG to add them

### *Friday*

5:30-8:45am (6)  
 8:45-10:00am (1)  
 10:00-11:00am (3)  
 11:00-12:00pm (0)  
 12:00-2:00pm (6)  
 2:00-3:00pm (3)  
 3:00-4:30pm (6)  
 4:30-6:00pm (6)  
 6:00-7:15pm (3)  
 7:15-9:45pm (3)

\*\*March 26<sup>th</sup>-April 30<sup>th</sup> 12-1pm, only 4 lap lanes will be available.

### *Saturday*

7:00-8:45am (6)  
 9:00-10:00pm (1)  
 10:00-11:30pm (1)  
 11:30-6:45pm (3)

### *Sunday*

12:00-3:00pm (6)  
 3:00-6:45pm (3)