



We build strong kids, strong families, strong communities.

Glenwood Park Family YMCA

Large/Lap Pool Schedule Fall I 2010

We put Christian principles into programs that build a healthy spirit, mind, and body for all.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Pool opens at 6:00 AM Monday - Friday					Pool opens at 7:00am	
6:00 AM - 7:00 AM							Pool opens at 10:00am
8:00 AM - 8:30 AM							
8:30 AM - 9:00 AM	Shallow Water Fitness	Y Swim Lessons	Shallow Water Fitness		Shallow Water Fitness		
9:00 AM - 9:15 AM						Y Swim Lessons-3	
9:15 AM - 9:30 AM	Zumba Water Fitness	Deep Water Fitness	Shallow/Deep Combo Water Fitness	Deep Water Fitness	Circuit Water Fitness	Aqua Boot Camp	
9:30 AM - 9:45 AM							
9:45 AM - 10:00 AM							
10:00 AM - 10:30 AM						Y Swim Lessons-0	
10:30 AM - 11:00 AM						Y Swim Lessons-1	
11:00 AM - 11:30 AM						Y Swim Lessons-3	
11:30 AM - 12:00 PM						Y Swim Lessons-2	
12:00 PM - 12:30 PM							
12:30 PM - 1:00 PM							
1:00 PM - 1:30 PM							
1:30 PM - 2:00 PM							
2:00 PM - 2:30 PM							
2:30 PM - 3:00 PM							
3:00 PM - 3:30 PM							
3:30 PM - 4:00 PM							
4:00 PM - 4:30 PM		Y Swim Lessons-3		Y Swim Lessons-3			
4:30 PM - 5:00 PM		Y Swim Lessons-3		Y Swim Lessons-2			
5:00 PM - 5:30 PM	Stroke Development-3	Y Swim Lessons-2		Y Swim Lessons-3			
5:30 PM - 6:00 PM	Water Fitness	Y Swim Lessons-0	Water Fitness & Stroke Development	Y Swim Lessons-0			
6:00 PM - 6:15 PM		Y Swim Lessons-3		Y Swim Lessons-2			
6:15 PM - 6:30 PM							
6:30 PM - 7:00 PM		Y Swim Lessons-1		Y Swim Lessons-2			
7:00 PM - 7:30 PM		Y Swim Lessons-3		Y Swim Lessons-3			
7:30 PM - 8:00 PM		Y Swim Lessons-3		Y Swim Lessons-3			
8:00 PM - 8:30 PM						Pool closes at 7:30 PM	
8:30 AM - 9:30 PM							
	Pool closes at 9:30 PM Monday through Friday						Pool closes at 5:30 PM

Y Swim Lessons/Water Fitness

Indicates open swim (all lanes available)

Indicates classes or group - number of lanes available

Indicates pool is not available

Our instructors need about 5 minutes to prepare the

pool before and after each water fitness class.

Thank you -Pool Staff

During open swim, children 5 and under must be accompanied by an adult (18 or older) in the water. Children 6-8 must have an adult in the pool area.

Safety breaks are required for both guards on duty. If necessary, you may be asked to clear the pool.