



For Youth Development

For Healthy Living

For Social Responsibility

Glenwood Park Family YMCA

Small/Family Pool Schedule Fall II 2011

We put Christian Principles into practice through 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 7:00 AM	Pool opens at 10:00 AM
6:00 AM - 7:00 AM							
8:00 AM - 8:30 AM							
8:30 AM - 9:00 AM							
9:00 AM - 9:30 AM						Y Swim Lessons	
9:30 AM - 10:00 AM							
10:00 AM - 10:30 AM	Older Adult		Older Adult		Older Adult		
10:30 AM - 10:45 AM		Y Swim Lessons		Y Swim Lessons			
10:45 AM - 11:00 AM							
11:00 AM - 11:30 AM	Arthritis	Older Adult	Arthritis	Older Adult	Arthritis	Y Swim Lessons	
11:30 AM - 11:45 AM							
11:45 AM - 12:00 PM							
12:00 PM - 12:30 PM	Y Swim Lesson						
12:30 PM - 1:00 PM				Adapted Y Swim Lessons			
1:00 PM - 1:30 PM							
1:30 PM - 2:00 PM							
2:00 PM - 2:30 PM		Waveless Water Walking		Waveless Water Walking			
2:30 PM - 3:00 PM							
3:00 PM - 3:30 PM							
3:30 PM - 4:00 PM							
4:00 PM - 4:30 PM							
4:30 PM - 5:00 PM							
5:00 PM - 5:30 PM							
5:30 PM - 6:00 PM		Y Swim Lessons		Y Swim Lessons			
6:00 PM - 6:30 PM							
6:30 PM - 7:00 PM							
7:00 PM - 7:30 PM							
7:30 PM - 8:00 PM							
8:00 PM - 8:30 PM						Pool closes at 7:30 PM	
8:30 PM - 9:30 PM							
	Pool closes at 9:30 Monday through Friday						Pool closes at 5:30 PM

	Indicates open swim (all space available)
Y Swim Lesson/Class	Indicates classes or group use, limited open swim
	Indicates pool is not available

~Open swim is always available in the shallow end of pool~

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

Swim and exercise classes have first priority in the pools. Schedule is subject to change without notice.

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