

**the**



For Youth Development  
For Healthy Living  
For Social Responsibility

**Glenwood Park Family YMCA**

Large/Lap Pool Schedule Fall II 2011

**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							
8:00 AM - 8:30 AM					Shallow Water Fitness		
8:30 AM - 9:00 AM	Shallow Water Fitness	Y Swim Lessons	Shallow Water Fitness				
9:00 AM - 9:15 AM					Shallow Water Fitness	Y Swim Lessons-3	
9:15 AM - 9:30 AM	Latin Splash	Deep Water Fitness	Shallow/Deep Combo Water Fitness	Deep Water Fitness			Pool opens at 10:00am
9:30 AM - 10:00 AM						Boot Camp	
10:00 AM - 10:30 AM						Y Swim Lessons-1	
10:30AM - 10:45 AM						Y Swim Lessons-1	
10:45 AM - 11:00 AM							
11:00 AM - 11:30 AM							
11:30 AM - 12:00 PM						Y Swim Lessons-3	
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		
4:30 PM - 5:00 PM		Y Swim Lessons-3			Y Swim Lessons-2		
5:00 PM - 5:30 PM		Y Swim Lessons-2			Y Swim Lessons-3		
5:30 PM - 6:00 PM		Y Swim Lessons-1			Y Swim Lessons-0		
6:00 PM - 6:30 PM		Y Swim Lessons-2			Y Swim Lessons-3		Pool closes at 5:30 PM
6:30 PM - 6:45 PM							
6:45 PM - 7:00 PM		Y Swim Lessons-0			Y Swim Lessons-2		
7:00 PM - 7:15 PM	Boot Camp						
7:15 PM - 7:30 PM		Y Swim Lessons-3			Y Swim Lessons-3		
7:30 PM - 8:00 PM					Y Swim Lessons-2		
8:00 PM - 9:30 PM						Pool closes at 7:30 PM	
	Pool closes at 9:30 PM Monday through Friday						

	Indicates open swim (all lanes available)
<b>Y Swim Lessons/ Water Fitness</b>	Indicates classes or group - the number indicates lanes available
	Indicates pool is not available for lap swim

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 guards on duty. If necessary, you may be asked to clear the pool.**