








# COFFMAN YMCA COMPETITION POOL SCHEDULE SUMMER 2008



SUNDAY 1:00 PM - 4:45 PM	MONDAY 5:45 AM - 9:45 PM	TUESDAY 5:45 AM - 9:45 PM	WEDNESDAY 5:45 AM - 9:45 PM	THURSDAY 5:45 AM - 9:45 PM	FRIDAY 5:45 AM - 9:45 PM	SATURDAY 8:00 AM - 5:45 PM
 We build strong kids, strong families, strong communities.	<p><b>5:45-7:15 AM</b> MASTERS SWIM (4-6) OPEN/LAP (1-3) <b>7:15-8:30 AM</b> OPEN/LAP (1-3) CFY SWIM TEAM (4-6) <b>8:30-9:15 AM</b> OPEN/LAP (1-6) <b>9:15-10:10 AM</b> LAP (5-6) LESSONS (4) DEEP AEROBICS (1-3) <b>10:10-11:30 AM</b> LAP (5-6) LESSONS (3-4) OPEN (1-2) <b>11:30-12:00 PM</b> AQUA JOGGING (1-2) OPEN/LAP (3-6) <b>12:00-12:30 PM</b> AQUA JOGGING (1-2) WATER WALKING (1-3) LAP/OPEN (4-6) <b>12:30-1:00 PM</b> LESSON (1-3) OPNE/LAP (4-6) <b>1:00-1:30 PM</b> LAP (5-6) WATER WALKING (1-3) LESSON (4) Y DAY CAMP (1-3) <b>1:30-2:45 PM</b> LAP (5-6) LESSONS (4) Y DAY CAMP (1-3) <b>2:45-3:30 PM</b> LAP/OPEN (4-6) Y DAY CAMP (1-3) <b>3:30-4:00 PM</b> OPEN/LAP (1-6) 4:00-5:00 PM CFY SWIM TEAM (4-6) LAP/OPEN (1-3) <b>5:00-5:30 PM</b> CFY SWIM TEAM (4-6) LAP/OPEN (3) LESSONS (1-2) <b>5:30-7:00 PM</b> LESSONS (1-2) LAP/OPEN (3-6) <b>7:00-8:00 PM</b> SHLW AEROBICS (1-3) OPEN/LAP (4-6) <b>8:00-9:45 PM</b> OPNE/LAP (1-6)</p>	<p><b>5:45-8:00 AM</b> LAP (4-6) OPEN (1-3) <b>8:00-9:00</b> LAP/OPEN (4-6) GOLDEN WAVES (1-3) <b>9:00-10:15 AM</b> LAP (5-6) LESSONS (4) WATER AEROBICS (1-3) <b>10:15-10:45 AM</b> LAP (6) LESSONS (4-5) AEROBIC STEP (1-3) <b>10:45-11:00 AM</b> OPEN/LAP (4-6) PRENATAL AERB. (1-3) LESSONS (1-2) <b>11:00-12:15PM</b> LAP/OPEN (4-6) PRENATAL AERB (1-3) LESSONS (1-2) <b>12:15-2:45 PM</b> LAP/OPEN (3-6) LESSONS (1-2) <b>2:45-3:30 PM</b> LAP/OPEN (1-6) <b>3:30-5:00 PM</b> LAP/OPEN (1-6) <b>5:00-7:15 PM</b> CFY SWIM TEAM (4-6) LESSONS (1-3) <b>7:15-8:00 PM</b> WATER AERB (1-3) MASTERS SWIM (5-6) OPEN (4) <b>8:00-8:45 PM</b> MASTERS SWIM (4-6) OPEN/LAP (1-3) <b>8:45-9:45 PM</b> OPEN/LAP (1-6)</p>	<p><b>5:45-7:15 AM</b> MASTERS SWIM (4-6) OPEN/LAP (1-3) <b>7:15-8:30 AM</b> OPEN/LAP (1-3) CFY SWIM TEAM (4-6) <b>8:30-9:15 AM</b> OPEN/LAP (1-6) <b>9:15-10:10 AM</b> LAP (5-6) LESSONS (4) DEEP AEROBICS (1-3) <b>10:10-11:30 AM</b> LAP (5-6) LESSONS (3-4) OPEN (1-2) <b>11:30-12:00 PM</b> AQUA JOGGING (1-2) OPEN/LAP (3-6) <b>12:00-12:30 PM</b> AQUA JOGGING (1-2) WATER WALKING (1-3) LAP/OPEN (4-6) <b>12:30-1:00 PM</b> LESSON (1-3) OPNE/LAP (4-6) <b>1:00-1:30 PM</b> LAP (5-6) WATER WALKING (1-3) LESSON (4) Y DAY CAMP (1-3) <b>1:30-2:45 PM</b> LAP (5-6) LESSONS (4) Y DAY CAMP (1-3) <b>2:45-3:30 PM</b> LAP/OPEN (4-6) Y DAY CAMP (1-3) <b>3:30-4:00 PM</b> OPEN/LAP (1-6) 4:00-5:00 PM CFY SWIM TEAM (4-6) LAP/OPEN (1-3) <b>5:00-5:30 PM</b> CFY SWIM TEAM (4-6) LAP/OPEN (3) LESSONS (1-2) <b>5:30-7:00 PM</b> LESSONS (1-2) LAP/OPEN (3-6) <b>7:00-8:00 PM</b> SHLW AEROBICS (1-3) OPEN/LAP (4-6) <b>8:00-9:45 PM</b> OPNE/LAP (1-6)</p>	<p><b>5:45-7:15 AM</b> LAP (4-6) OPEN (1-3) <b>7:15-8:00 AM</b> CFY SWIM TEAM (4-6) OPEN/LAP (1-3) <b>8:00-8:30 AM</b> GOLDEN WAVES (1-3) CFY SWIM TEAM (4-6) <b>8:30-9:00 AM</b> GOLDEN WAVES (1-3) OPEN/LAP (4-6) <b>9:00-10:10 AM</b> LAP (5-6) LESSON (4) WATER AERB (1-3) <b>10:10-10:45 AM</b> LAP (6) LESSONS (4-5) AEROBIC STEP (1-3) <b>10:45-11:00 AM</b> LESSONS (1-3) LAP (4-6) PRENATAL AERB (1-2) <b>11:00-12:00 PM</b> Y DAY CAMP (1-3) PRENATAL AERB (1-3) OPEN/LAP (5-6) LESSONS (4-) <b>12:00-5:00 PM</b> LAP/OPEN (1-6) <b>5:00-7:15 PM</b> OPEN/LAP (3-6) LESSONS (1-2) <b>7:15-8:00 PM</b> WATER AERB (1-3) OPEN/LAP (4) MASTER SWIM (5-6) <b>8:00-8:45 PM</b> MASTERS SWIM (4-6) OPEN/LAP (1-3) <b>8:45-9:45 PM</b> OPEN/LAP (1-6)</p>	<p><b>5:45-7:15 AM</b> LAP (4-6) OPEN (1-3) <b>7:15-8:00 AM</b> CFY SWIM TEAM (4-6) OPEN/LAP (1-3) <b>8:00-8:30 AM</b> GOLDEN WAVES (1-3) CFY SWIM TEAM (4-6) <b>8:30-9:00 AM</b> GOLDEN WAVES (1-3) OPEN/LAP (4-6) <b>9:00-10:10 AM</b> LAP (5-6) LESSONS (4) WATER AERB (1-3) <b>10:10-12:00 PM</b> OPEN (1-3) LAP (4-5) LESSONS (6) <b>12:00-1:00 PM</b> WATER WALKING (1-3) OPEN/LAP (4-6) <b>1:00-3:00 PM</b> Y DAY CAMP (1-3) OPEN/LAP (4-6) <b>3:00-4:00 PM</b> OPEN/LAP (1-6) <b>4:00-5:45 PM</b> CFY SWIM TEAM (4-6) OPEN/LAP (1-3) <b>5:45-7:15 PM</b> MASTERS SWIM (5-6) OPEN/LAP (1-4) <b>7:15-9:45 PM</b> OPEN/LAP (1-6)</p>	<p><b>8:00-8:30 AM</b> LESSONS (1-2) OPEN/LAP (3-6) <b>8:30-9:00 AM</b> LESSONS (4-6) OPEN/LAP (1-3) <b>9:00-10:00 AM</b> WATER AERB (1-3) LESSONS (4-5) LAP (6) <b>10:00-12:30 PM</b> OPEN (1-3) LESSONS (4-5) LAP (6) <b>12:30-5:45 PM</b> OPEN/LAP (1-6)</p> <p><b>WATER SLIDE TIMES:</b></p> <p><b>MON/WED</b> NONE DUE TO WATER FITNESS</p> <p><b>TUE/THR</b> 7:00-7:30 PM</p> <p><b>FRIDAY</b> 7:00-7:30 PM 8:30-9:00 PM</p> <p><b>SATURDAY</b> 1:00-1:30 PM 4:30-5:00 PM</p> <p><b>SUNDAY</b> 2:00-2:30 PM 4:00-4:30 PM</p>
<p><b>1:00—2:30 PM</b> LAP/OPEN (1-6)</p> <p><b>2:30-4:45</b> OPEN/LAP (3-6) SCUBA (1-2)</p>						
 a branch of the YMCA of Greater Dayton						
88 Remick Blvd. Springboro, OH 45066 (937) 886-9622 www.ymcaonline.org						
						
				Dates to Remember:  <b>August 8-17 - Pool                      Closed for Annual                      Cleaning</b>		
						

# COFFMAN YMCA INSTRUCTIONAL POOL SCHEDULE SUMMER 2008



SUNDAY 1:00 PM - 4:45 PM	MONDAY 5:45 AM - 9:45 PM	TUESDAY 5:45 AM - 9:45 PM	WEDNESDAY 5:45 AM - 9:45 PM	THURSDAY 5:45 AM - 9:45 PM	FRIDAY 5:45 AM - 9:45 PM	SATURDAY 8:00 AM - 5:45 PM
 <small>We build strong kids, strong families, strong communities.</small>	<p><b><u>5:45-8:00 AM</u></b> OPEN</p> <p><b><u>8:00-9:00 AM</u></b> ARTHRITIS AERB.</p> <p><b><u>9:00-10:00 AM</u></b> LESSONS ONLY</p> <p><b><u>10:00-12:30 PM</u></b> MRH ONLY</p> <p><b><u>12:30-1:30 PM</u></b> ARTHRITIS AERB.</p> <p><b><u>1:30-5:20 PM</u></b> OPEN</p> <p><b><u>5:20-7:00 PM</u></b> LESSON ONLY</p> <p><b><u>7:00-8:00 PM</u></b> ARTHRITIS AERB.</p> <p><b><u>8:00-9:45 PM</u></b> OPEN</p>	<p><b><u>5:45-9:00 AM</u></b> OPEN</p> <p><b><u>9:00-11:30 AM</u></b> LESSONS ONLY</p> <p><b><u>11:30-12:00 PM</u></b> OPEN</p> <p><b><u>12:00-1:00 PM</u></b> ARTHRITIS AERB.</p> <p><b><u>1:00-2:00 PM</u></b> OPEN</p> <p><b><u>2:00-5:00 PM</u></b> MRH ONLY</p> <p><b><u>5:00-5:30 PM</u></b> OPEN</p> <p><b><u>5:30-7:00 PM</u></b> LESSONS ONLY</p> <p><b><u>7:00-9:45 PM</u></b> OPEN</p>	<p><b><u>5:45-8:00 AM</u></b> OPEN</p> <p><b><u>8:00-9:00 AM</u></b> ARTHRITIS AERB.</p> <p><b><u>9:00-10:00 AM</u></b> LESSONS ONLY</p> <p><b><u>10:00-12:30 PM</u></b> MRH ONLY</p> <p><b><u>12:30-1:30 PM</u></b> ARTHRITIS AERB.</p> <p><b><u>1:30-5:20 PM</u></b> OPEN</p> <p><b><u>5:20-7:00 PM</u></b> LESSON ONLY</p> <p><b><u>7:00-8:00 PM</u></b> ARTHRITIS AERB.</p> <p><b><u>8:00-9:45 PM</u></b> OPEN</p>	<p><b><u>5:45-9:00 AM</u></b> OPEN</p> <p><b><u>9:00-11:30 AM</u></b> LESSONS ONLY</p> <p><b><u>11:30-12:00 PM</u></b> OPEN</p> <p><b><u>12:00-1:00 PM</u></b> ARTHRITIS AERB.</p> <p><b><u>1:00-2:00 PM</u></b> OPEN</p> <p><b><u>2:00-5:00 PM</u></b> MRH ONLY</p> <p><b><u>5:00-6:00 PM</u></b> OPEN/LESSONS</p> <p><b><u>6:00-9:45 PM</u></b> OPEN</p>	<p><b><u>5:45-8:00 AM</u></b> OPEN</p> <p><b><u>8:00-9:00 AM</u></b> ARTHRITIS AERB.</p> <p><b><u>9:00-9:30 AM</u></b> LESSONS ONLY</p> <p><b><u>9:30-12:30 PM</u></b> MRH ONLY</p> <p><b><u>12:30-1:30 PM</u></b> ARTHRITIS AERB.</p> <p><b><u>1:30-9:45 PM</u></b> OPEN</p>	<p><b><u>8:00-9:00 AM</u></b> OPEN</p> <p><b><u>9:00-12:30 PM</u></b> LESSONS ONLY</p> <p><b><u>12:30-5:45 PM</u></b> OPEN</p> <p><b><u>WATER SLIDE</u></b> <b><u>TIMES:</u></b></p> <p><b><u>MON/WED</u></b> NONE DUE TO WATER FITNESS</p> <p><b><u>TUE/THR</u></b> 7:00-7:30 PM</p> <p><b><u>FRIDAY</u></b> 7:00-7:30 PM 8:30-9:00 PM</p> <p><b><u>SATURDAY</u></b> 1:00-1:30 PM 4:30-5:00 PM</p> <p><b><u>SUNDAY</u></b> 2:00-2:30 PM 4:00-4:30 PM</p>
 <small>a branch of the YMCA of Greater Dayton</small>			<p>Dates to Remember:</p> <p><b>August 8-17 - Pool Closed for Annual Cleaning</b></p>			

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