

# West Carrollton YMCA Lap Pool Schedule

|          | SUNDAY                         | MONDAY             | TUESDAY             | WEDNESDAY          | THURSDAY            | FRIDAY  | SATURDAY |                     |                     |                  |
|----------|--------------------------------|--------------------|---------------------|--------------------|---------------------|---|----------|---------------------|---------------------|------------------|
| 6:00 AM  |                                |                    | Aqua Aerobics       |                    | Aqua Aerobics       |   |          |                     |                     |                  |
| 6:30 AM  |                                |                    | Aqua Aerobics       |                    |                     |   |          |                     |                     |                  |
| 7:00 AM  |                                |                    |                     |                    |                     |   |          |                     |                     |                  |
| 7:30 AM  |                                |                    |                     |                    |                     |   |          |                     |                     |                  |
| 8:00 AM  |                                |                    |                     |                    |                     |   |          |                     |                     |                  |
| 8:30 AM  |                                |                    | Aqua Bunch Aerobics |                    | Aqua Bunch Aerobics |   |          | Aqua Bunch Aerobics | Aqua Bunch Aerobics |                  |
| 9:00 AM  |                                |                    | 8:30 AM- 9:30 AM    |                    | Aqua Aerobics       |   |          | 8:30 AM- 9:30 AM    | Aqua Aerobics       | 8:30 AM- 9:30 AM |
| 9:30 AM  |                                |                    |                     |                    | 9:00 AM- 10:00 AM   |   |          |                     | 9:00 AM- 10:00 AM   |                  |
| 10:00 AM |                                |                    |                     |                    |                     |   |          |                     |                     |                  |
| 10:30 AM |                                |                    |                     |                    |                     |   |          |                     |                     |                  |
| 11:00 AM |                                |                    |                     |                    |                     |   |          |                     |                     |                  |
| 11:30 AM |                                |                    |                     |                    |                     |   |          |                     |                     |                  |
| 12:00 PM |                                |                    |                     |                    |                     | Open Swim<br>8:00 AM- 4:30 PM<br><br>Slide Time<br>1:00 PM- 4:00 PM |          |                     |                     |                  |
| 12:30 PM |                                |                    |                     |                    |                     |   |          |                     |                     |                  |
| 1:00 PM  |                                |                    |                     |                    |                     |   |          |                     |                     |                  |
| 1:30 PM  | Open Swim<br>1:00 PM- 4:30 PM  |                    |                     |                    |                     |   |          |                     |                     |                  |
| 2:00 PM  |                                |                    |                     |                    |                     |   |          |                     |                     |                  |
| 2:30 PM  |                                |                    |                     |                    |                     |   |          |                     |                     |                  |
| 3:00 PM  |                                |                    |                     |                    |                     |   |          |                     |                     |                  |
| 3:30 PM  | Slide Time<br>1:00 PM- 4:00 PM |                    |                     |                    |                     |   |          |                     |                     |                  |
| 4:00 PM  |                                | KEY                | KEY                 | KEY                | KEY                 |   |          |                     |                     |                  |
| 4:30 PM  | Swim Team Practice             | Swim Team Practice | Swim Team Practice  | Swim Team Practice | Swim Team Practice  |   |          |                     |                     |                  |
| 5:00 PM  | 3:30 PM- 7:00 PM               | 3:30 PM- 7:00 PM   | 3:30 PM- 7:00 PM    | 3:30 PM- 7:00 PM   | 4:00 PM- 5:30 PM    |   |          |                     |                     |                  |
| 5:30 PM  | 4 Lanes                        | 4 Lanes            | 4 Lanes             | 4 Lanes            | 4 Lanes             |   |          |                     |                     |                  |
| 6:00 PM  |                                |                    |                     |                    |                     |   |          |                     |                     |                  |
| 6:30 PM  |                                |                    |                     |                    |                     |   |          |                     |                     |                  |
| 7:00 PM  |                                | Aqua Aerobics      |                     | Aqua Aerobics      |                     |   |          |                     |                     |                  |
| 7:30 PM  |                                | 7:00 PM- 8:00 PM   |                     | 7:00 PM- 8:00 PM   |                     |   |          |                     |                     |                  |
| 8:00 PM  |                                |                    |                     |                    |                     |   |          |                     |                     |                  |
| 8:30 PM  |                                |                    |                     |                    |                     |   |          |                     |                     |                  |
| 9:00 PM  |                                |                    |                     |                    |                     |   |          |                     |                     |                  |
| 9:30 PM  |                                |                    |                     |                    |                     |   |          |                     |                     |                  |

- \* All slide and open swim times are subject to change at anytime.
- \* During Key Swim Team Practices there will be 2 lanes available for member lap swimming
- \* Lap pool will be closed for open swim during aqua aerobics times, please review the schedule



We build strong kids, strong families, strong communities.

Begins September 4, 2007

## West Carrollton YMCA Therapy Pool Schedule

|          | SUNDAY                        | MONDAY                           | TUESDAY                                       | WEDNESDAY                         | THURSDAY                                      | FRIDAY                            | SATURDAY                       |  |
|----------|-------------------------------|----------------------------------|---|-----------------------------------|---|-----------------------------------|--------------------------------|--|
| 6:00 AM  |                               |                                  |   |                                   |   |                                   |                                |  |
| 6:30 AM  |                               |                                  |   |                                   |   |                                   |                                |  |
| 7:00 AM  |                               |                                  |   |                                   |   |                                   |                                |  |
| 7:30 AM  |                               |                                  |   |                                   |   |                                   |                                |  |
| 8:00 AM  |                               |                                  |   |                                   |   |                                   |                                |  |
| 8:30 AM  |                               |                                  |   |                                   |   |                                   |                                | Swim Lessons<br>8:15 AM- 10:15 AM            |
| 9:00 AM  |                               |                                  |   |                                   |   |                                   |                                |  |
| 9:30 AM  |                               |                                  |   |                                   |   |                                   |                                |  |
| 10:00 AM |                               |                                  | Swim Lessons<br>10:00 AM- 10:30 AM            | Swim Lessons<br>9:55 AM- 11:45 AM | Swim Lessons<br>10:00 AM- 10:30 AM            | Swim Lessons<br>9:55 AM- 11:45 AM |                                | Arthritis Aqua Aerobic<br>10:15 AM- 11:15 AM |
| 10:30 AM |                               |                                  | Arthritis Aqua Aerobics<br>10:30 AM- 11:30 AM |                                   | Arthritis Aqua Aerobics<br>10:30 AM- 11:30 AM |                                   |                                | Swim Lessons<br>11:15 AM- 12:50 PM           |
| 11:00 AM |                               |                                  |   |                                   |   |                                   |                                |  |
| 11:30 AM |                               |                                  |   |                                   |   |                                   |                                |  |
| 12:00 PM |                               |                                  |   |                                   |   |                                   |                                |  |
| 12:30 PM |                               |                                  |   |                                   |   |                                   |                                |  |
| 1:00 PM  | Open Swim<br>1:00 PM- 4:30 PM | Swim Lessons<br>1:00 PM- 2:40 PM | Swim Lessons<br>1:00 PM- 2:05 PM              | Swim Lessons<br>1:00 PM- 2:40 PM  | Swim Lessons<br>1:00 PM- 2:05 PM              | Open Swim<br>1:00 PM- 4:30 PM     |                                |  |
| 1:30 PM  |                               |                                  | Arthritis Aqua Aerobics<br>2:10 PM- 3:10 PM   |                                   | Arthritis Aqua Aerobics<br>2:10 PM- 3:10 PM   |                                   |                                |  |
| 2:00 PM  |                               |                                  |   |                                   |   |                                   | Slide Time<br>1:00 PM- 4:00 PM |  |
| 2:30 PM  |                               |                                  |   |                                   |   |                                   |                                |  |
| 3:00 PM  |                               |                                  |   |                                   |   |                                   |                                |  |
| 3:30 PM  |                               |                                  |   |                                   |   |                                   |                                |  |
| 4:00 PM  |                               |                                  |   |                                   |   |                                   |                                |  |
| 4:30 PM  |                               |                                  |   |                                   |   |                                   |                                |  |
| 5:00 PM  |                               | Swim Lessons<br>5:30 PM- 6:45 PM | Swim Lessons<br>5:30 PM- 7:30 PM              | Swim Lessons<br>5:30 PM- 6:45 PM  | Swim Lessons<br>5:30 PM- 7:30 PM              |                                   |                                |  |
| 5:30 PM  |                               |                                  |   |                                   |   |                                   |                                |  |
| 6:00 PM  |                               |                                  |   |                                   |   |                                   |                                |  |
| 6:30 PM  |                               |                                  |   |                                   |   |                                   |                                |  |
| 7:00 PM  |                               |                                  |   |                                   |   |                                   |                                |  |
| 7:30 PM  |                               |                                  |   |                                   |   |                                   |                                |  |
| 8:00 PM  |                               |                                  |   |                                   |   |                                   |                                |  |
| 8:30 PM  |                               |                                  |   |                                   |   |                                   |                                |  |
| 9:00 PM  |                               |                                  |   |                                   |   |                                   |                                |  |
| 9:30 PM  |                               |                                  |   |                                   |   |                                   |                                |  |

\*All slide and open swim times are subject to change at anytime.  
\* During Swim Lesson and Arthron times the therapy pool is available to ADULTS ONLY



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Begins September 4, 2007