

YAQUATICS™

We build strong kids, strong families, strong communities.

Bethany YMCA POOL SCHEDULE

April 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:15-7:45 Lap Swim	5:15-7:45 Lap Swim	5:15-7:45 Lap Swim	5:15-7:45 Lap Swim	5:15-7:45 Lap Swim	
	Safety Break	Safety Break	Safety Break	Safety Break	Safety Break	
	8:00-8:55 Water Walking	8:00-8:55 Water Walking	8:00-8:55 Water Walking	8:00-8:55 Water Walking	8:00-8:55 Water Walking	8:15-10:30 Lap Swim
	9:00-9:55 Arthritis Deep water	9:00-9:55 Arthritis Deep water	9:00-9:55 Arthritis Deep water	9:00-9:55 Arthritis Deep water	9:00-9:55 Arthritis Deep is open	
	Safety Break	Safety Break	Safety Break	Safety Break	Safety Break	Safety Break
	10:15-11:10 Sr. Aerobics Deep is open	10:15-11:10 Sr. Aerobics Deep is open	10:15-11:10 Sr. Aerobics Deep is open	10:15-11:10 Sr. Aerobics Deep is open	10:15-11:10 Sr. Aerobics Deep is open	10:45-1:00 Lap Swim
	11:15-12:15 Arthritis Deep is open	11:15-12:15 Adult Swim or EIP	11:15-12:15 Arthritis Deep is open	11:15-12:15 Adult Swim or EIP	11:15-12:15 Arthritis Deep is open	
PM	PM	PM	PM	PM	PM	PM
	Safety Break	Safety Break	Safety Break	Safety Break	Safety Break	Safety Break
1:15-2:30 Family Swim	12:30-2:30 Lap swim	12:30-2:30 Lap swim	12:30-2:30 Lap swim	12:30-2:30 Lap swim	12:30-2:30 Lap swim	1:25-3:35 Open Swim
Safety Break	Safety Break	Safety Break	Safety Break	Pool Closed	Safety Break	
2:45-4:35 Family Swim	2:45-4:00 Family Swim	2:45-5:00 Family Swim	2:45-4:00 Family Swim	3:30-5:00 Family Swim	2:45-4:00 Family Swim	
	Safety Break	Safety Break	Safety Break	Safety Break	Safety Break	
	4:15-5:45 Swim Team- One lap lane	5:15-7:15 Swim Lessons	4:15-5:45 Swim Team- One Lap Lane	5:15-7:15 Swim Lessons	4:15-5:45 Lap Swim	
		Safety Break 7:30-8:35 Lap Swim		Safety Break 7:30 8:35 Lap Swim		
	Safety Break		Safety Break		Safety Break	
	6:00-7:00 Water Fitness		6:00-7:00 Water Fitness		6:00-7:00 Water Fitness	
	7:00 - 8:35 Family Swim/Adult Lessons		7:00 - 8:35 Family Swim/Adult lessons		7:00 - 8:35 Family Swim	

**Friday or Wednesday open swim time may be used for make-up swim lessons.

Lap Swimming Time: No open swim during this time.

***Open Swim:**

There is always one lane available during open swim and family swim.

Arthritis Exercise: Gentle, therapeutic, range-of-motion exercise designed by the YMCA and the Arthritis Foundation.

Water Fitness: Shallow water, low-impact, moderate to high intensity cardiovascular workout followed by toning and stretching.

Deep Water: High intensity - Need to have swim belt and know how to swim.

* Guards will be taking 15 minute safety breaks throughout the day. Pool will be cleared and the doors locked at this time. Pool will be closed on

Thurs afternoon from 2:30-3:30.

