

Y A Q U A T I C S TM

We build strong kids, strong families, strong communities.

NORTH SIDE YMCA

POOL SCHEDULE - mid-August 2010 - May 2011

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	POOL HOURS 5:15am-8:45pm	POOL HOURS 5:15am-8:45pm	POOL HOURS 5:15am-8:45pm	POOL HOURS 5:15am-8:45pm	POOL HOURS 5:15am-8:45pm	POOL HOURS 7:45am-4:45pm	POOL HOURS 1:15pm-4:45pm
5:15-7:15am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
7:15-7:30am	Safety Break	Safety Break	Safety Break	Safety Break	Safety Break		
7:30-8:20am	Water Fitness	Water Fitness	Water Fitness	Water Fitness	Water Fitness		
8:30-9:30am	Water Fitness	Lap Swim/ Water Walking	Water Fitness	Lap Swim/ Water Walking	Water Fitness	7:45 - 9:00 Lap Swim	
9:30-9:45am	Safety Break	Safety Break	Safety Break	Safety Break	Safety Break		
9:45-11:45am	Lap Swim Water Walking	Swim Lessons	Lap Swim Water Walking	Swim Lessons	Lap Swim Water Walking	9:00 -10:00 Water Fitness	
11:45-12:00pm	Safety Break	Safety Break	Safety Break	Safety Break	Safety Break	10:00-10:15	
12:00-1:30pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Safety Break	1:15 -3:00pm Open Swim
1:30-1:45pm	Safety Break	Safety Break	Safety Break	Safety Break	Safety Break		
1:45-2:45pm	Arthritis	Lap Swim Water Walking	Arthritis	Lap Swim Water Walking	Arthritis	10:15 -12:15 Open Swim	3:00-3:15pm Safety Break
2:45-3:45pm	Lap Swim Water Walking	Lap Swim Water Walking	Lap Swim Water Walking	Lap Swim Water Walking	Lap Swim Water Walking	12:15 -12:30 Safety Break	
3:45-4:00pm	Safety Break	Safety Break	Safety Break	Safety Break	Safety Break		
4:00-5:00pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	After School Child Care	12:30 -2:30 Open Swim	3:15-4:45pm Open Swim
5:00-6:00pm	2 Swim Team 2 Lap Swim		Open Swim		2 Swim Team 2 Lap Swim		
6:00-6:15pm	Safety Break	Swim Lessons 5:00-8:00pm	Safety Break	Swim Lessons 5:00-8:00pm	Safety Break	2:30-2:45	
6:15-7:10pm	Water Fitness		Water Fitness			Safety Break	
7:10-8:00pm	Open Swim		Open Swim		Open Swim		
8:00-8:15pm	Safety Break	Safety Break	Safety Break	Safety Break	Safety Break	2:45-4:45 Open Swim	
8:15-8:45pm	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim		

10000 N. Pennsylvania Oklahoma City, OK 73120 Phone: (405) 751-6363

YMCA Mission: To put Christian Principles into practice through programs that build Healthy Spirit, Mind, and Body for All.

Children under the age of 8 must have an adult over the age of 18 in the water and must stay within arms reach

Program Name	PROGRAM DESCRIPTIONS
Open Swim	Bring the family or just bring yourself to enjoy a dip in our pool and take in the view of beautiful North Side YMCA! There will be one lap lane in the pool at this time
Lap Swim	During lap swim those swimming laps/water walking/individual fitness will be able to use the pool
Water Walking	There will be 2 lanes left open for any type of water activity or water fitness activity
Water Fitness	Water Fitness is a shallow water workout designed for members of all ages! You will get both a cardiovascular and strength workout!
Arthritis	Gentle, slow range-of-motion exercise designed by the YMCA and the Arthritis Foundation.
Swim Lessons	At this time the pool is reserved for program classes only. Lessons will be on break in mid-August & December, the pool will be open swim at those times. There is no lap swimming at this time
Safety Break	The Lifeguards will be taking 15 minute Safety Breaks through out the day. The pool will be closed and the doors will be locked.

Schedule is subject to change at anytime. This copy is revised as of August 23, 2010