

# INDOOR POOL SCHEDULE

There's a group waiting for you at the Y!  
Effective June 3, 2011



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Pool Closed for Cleaning</b>		<b>6 - 7 a.m.</b> H2O Power Hour Joy	<b>6 - 7 a.m.</b> H2O Power Hour Joy	<b>6 - 7 a.m.</b> H2O Power Hour Becky		
		<b>7 - 7:30 a.m.</b> Salsa/Stretching Joy	<b>7 a.m. - 8 a.m.</b> Open Swim	<b>7 - 7:30 a.m.</b> Salsa/Stretching Becky		
	<b>8 - 9 a.m.</b> Aqua Aerobics Eileen	<b>8 - 9 a.m.</b> Aqua Aerobics Joy	<b>8 - 9 a.m.</b> Aqua Aerobics Joy	<b>8 - 9 a.m.</b> Aqua Aerobics Joy	<b>8 - 9 a.m.</b> Aqua Aerobics Lori	<b>8:15 - 8:45 a.m.</b> Adult Swim Lessons
	<b>9 a.m. - 12 noon</b> Swim Lessons	<b>9 a.m. - 12 noon</b> Swim Lessons	<b>9 a.m. - 12 noon</b> Swim Lessons	<b>9 a.m. - 12 noon</b> Swim Lessons	<b>9 a.m. - 12 noon</b> Open Swim	<b>9 - 10 a.m.</b> Aqua Aerobics Rotates
	<b>12 noon -1 p.m.</b> Aqua Aerobics Alex	<b>12 noon -1 p.m.</b> Aqua Aerobics Shannon	<b>12 noon -1 p.m.</b> Aqua Aerobics Alex/Eileen	<b>12 noon -1 p.m.</b> Aqua Aerobics Alex	<b>12 noon -1 p.m.</b> Aqua Aerobics Kathy	<b>10 a.m. - 5:45p.m.</b> Open Swim
	<b>1:15 - 2:15 p.m.</b> Arthritis Class Eileen	<b>1:15 - 2:15 p.m.</b> Arthritis Class Shannon	<b>1:15 - 2:15 p.m.</b> Arthritis Class Eileen	<b>1:15 - 2:15 p.m.</b> Arthritis Class Shannon	<b>1:15 - 2:15 p.m.</b> Arthritis Class Lori	
	<b>2:15 - 3 p.m.</b> Adult Water Walking / Swim	<b>2:15 - 3 p.m.</b> Noodle Cyclates Shannon	<b>2:15 - 3 p.m.</b> Adult Water Walking / Swim	<b>2:15 - 3 p.m.</b> Noodle Cyclates Shannon	<b>2:15 - 3 p.m.</b> Adult Water Walking / Swim	
	<b>3:00 - 4:45 p.m.</b> Swim Lessons	<b>3:00 - 4:45 p.m.</b> Swim Lessons	<b>3:00 - 4:45 p.m.</b> Swim Lessons	<b>3:00 - 4:45 p.m.</b> Swim Lessons	<b>3:00 - 8:45 p.m.</b> Open Swim	
	<b>4:45 - 5:30 p.m.</b> Open Swim	<b>4:45 - 5:30 p.m.</b> Open Swim	<b>4:45 - 5:30 p.m.</b> Open Swim	<b>4:45 - 5:30 p.m.</b> Open Swim		
	<b>5:30 - 6:30 p.m.</b> Aqua Aerobics Rachael	<b>5:30 - 6:30 p.m.</b> Aqua Aerobics Marsha	<b>5:30 - 6:30 p.m.</b> Aqua Aerobics Lori	<b>5:30 - 6:30 p.m.</b> Aqua Aerobics Marsha		
<b>6:30 - 8:45 p.m.</b> Open Swim	<b>6:30 - 8:45 p.m.</b> Open Swim	<b>6:30 - 8:45 p.m.</b> Open Swim	<b>6:30 - 8:45 p.m.</b> Open Swim			

All children 12 and under must have direct adult (18+ yrs) supervision. All non-potty trained children must wear a swim diaper.  
All non-swimmers must have body to body contact with an adult (18+ yrs). This schedule is subject to change without notice.

## Our Mission:

To put Christian principals into practice through programs that build a healthy spirit, mind and body for all.

Contact us at 246-9622

**Sheri Richmond**, Healthy Living Director  
**Joy Wilson**, Group Exercise Coordinator - Water