

Shasta Family YMCA Indoor Heated Pool

Fall 2010

*This schedule is subject to change without notice *

As of August 16, 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Pool Closed for Cleaning	8:00-9:00 am Aqua Aerobics Eileen	8:00-9:00 am Aqua Aerobics Joy	8:00-9:00 am Aqua Aerobics Joy	8:00-9:00 am Aqua Aerobics Joy	8:00-9:00 am Aqua Aerobics Lori	
	9:00-12:00 noon Open Swim	9:00-12:00 noon Swim Lessons* (open swim thru mid-Sept)	9:00-12:00 noon Swim Lessons* (open swim thru mid-Sept)	9:00-12:00 noon Swim Lessons* (open swim thru mid-Sept)	9:00-12:00 noon Open Swim	10:00-11:00am Aqua Aerobics Shannon, Anza, Alex
	12:00-1:00 pm Aqua Aerobics Carol	12:00-1:00 pm Aqua Aerobics Shannon	12:00-1:00 pm Aqua Aerobics Alex/Eileen	12:00-1:00 pm Aqua Aerobics Alex	12:00-1:00 pm Aqua Aerobics Kathy	11:00 am-2:00 pm Water Volleyball Staff
	1:00-1:30 pm Senior Swim	1:00-1:30 pm Senior Swim	1:00-1:30 pm Senior Swim	1:00-1:30 pm Senior Swim	1:00-1:30 pm Senior Swim	2:00 pm -5:45 pm Open Swim
	1:30-2:30 pm Arthritis Class Carol	1:30-2:30 pm Arthritis Class Shannon	1:30-2:30 pm Arthritis Class Carol/Eileen	1:30-2:30 pm Arthritis Class Shannon	1:30-2:30 pm Arthritis Class Carol	
	2:30-3:00 pm Senior Swim	2:30-3:00 pm Senior Swim	2:30-3:00 pm Senior Swim	2:30-3:00 pm Senior Swim	2:30-3:00 pm Senior Swim	
	3:00-5:30 pm Open Swim	3:00-5:30 pm Open Swim	3:00-5:30 pm Open Swim	3:00-5:30 pm Open Swim	3:00-8:45 pm Open Swim	
	5:30-6:30 pm Aqua Aerobics Rachael/Jane	5:30-6:30 pm Aqua Aerobics Rachael	5:30-6:30 pm Aqua Aerobics Lori	5:30-6:30 pm Aqua Aerobics Lori	5:30-6:30 pm Family Water Volleyball	
	6:30-8:45 pm Open Swim	6:30-8:45 pm Open Swim	6:30-8:45 pm Open Swim	6:30-8:45 pm Open Swim	6:30-8:45 pm Open Swim	

All children 12 and under must have direct adult (18+) supervision.
 All non potty trained children must wear a swim diaper.
 All non swimmers must have body to body contact with an adult (18+).