

POOL SCHEDULE

YMCA Boughton Street Branch

Summer 2010
July 6th - August 29th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Adult Lap (5) 5:30a-8:00a	Adult Lap (5) 5:30a-8:00a	Adult Lap (5) 5:30a-8:00a	Adult Lap (5) 5:30a-8:00a	Adult Lap (5) 5:30a-8:00a	6:30a Pool Opens Adult Lap (5) 6:30a-8:00a	8:00a Pool Opens
REC SWIM Adult Lap (3) 8:00a-9:00a	<i>Cardio Fitness</i> Adult Lap (3) 8:00a-9:00a	REC SWIM Adult Lap (3) 8:00a-9:00a	<i>Cardio Fitness</i> Adult Lap (3) 8:00a-9:00a	REC SWIM Adult Lap (3) 8:00a-9:00a	REC SWIM Adult Lap (3) 8:00a-9:00a	Adult Lap (5) 8:00a-9:00a
<i>Youth Lessons</i> (9:00a-9:30a) GP Preschool (3) (9:30a-10:30a) Adult Lap (2) 9:00a-10:30a	<i>Youth Lessons</i> (9:00a-9:30a) REC SWIM (9:30a-10:30a) <i>Adult Lap (3)</i> 9:00a-10:30a	<i>Youth Lessons</i> Adult Lap (3) 9:00a-10:30a	<i>Youth Lessons</i> (9:00a-9:30a) GP Preschool (3) (9:30a-10:30a) Adult Lap (2) 9:00a-10:30a	<i>Adult & Youth Lessons</i> Adult Lap (3) 9:00a-10:30a	<i>Youth Lessons</i> 9:00a-12:30p	REC SWIM Adult Lap (2) 9:00a-1:00p
<i>Aquacize</i> Adult Lap (1) 10:30a-11:30a	Bootcamp (2) Adult Lap (3) 10:30a-11:30a	<i>Aquacize</i> Adult Lap (1) 10:30a-11:30a	Bootcamp (2) Adult Lap (3) 10:30a-11:30a	<i>Aquacize</i> Adult Lap (1) 10:30a-11:30a		
<i>Youth Lessons</i> Adult Lap (3) 11:30a-12:00p	<i>Youth Lessons</i> Adult Lap (4) 11:30a-12:00p	<i>Youth Lessons</i> Adult Lap (3) 11:30a-12:00p	<i>Youth Lessons</i> Adult Lap (4) 11:30a-12:00p	<i>Youth Lessons</i> Adult Lap (3) 11:30a-12:00p		
REC SWIM Adult Lap (2) 12:00p-1:00p	REC SWIM Adult Lap (2) 12:00p-1:00p	REC SWIM Adult Lap (2) 12:00p-1:00p	REC SWIM Adult Lap (2) 12:00p-1:00p	REC SWIM Adult Lap (2) 12:00p-1:00p		
<i>Senior Exercise</i> 1:00p-2:00p	Grassy Plain (4) Adult Lap (1) 1:00p-3:00p	<i>Senior Exercise</i> 1:00p-2:00p	Grassy Plain (4) Adult Lap (1) 1:00p-3:00p	<i>Senior Exercise</i> 1:00p-2:00p	REC SWIM Adult Lap (2) 12:30p-5:00p	1:00p YMCA Closes
<i>Youth Lessons</i> Adult Lap (3) 2:00p-3:00p		<i>Youth Lessons</i> Adult Lap (3) 2:00p-3:00p		<i>Youth Lessons</i> Adult Lap (3) 2:00p-3:00p		
REC SWIM Adult Laps (2/3) 3:00p-5:00p	REC SWIM Adult Laps (2/3) 3:00p-5:00p	REC SWIM Adult Laps (2/3) 3:00p-5:00p	REC SWIM Adult Laps (2/3) 3:00p-5:00p	REC SWIM Adult Laps (2/3) 3:00p-5:00p		
<i>Youth Lesson (2)</i> REC SWIM (2) Adult Lap (1) 5:00p-7:00p	<i>Youth Lesson (2)</i> REC SWIM (2) Adult Lap (1) 5:00p-6:30p	<i>Youth Lesson (2)</i> REC SWIM (2) Adult Lap (1) 5:00p-7:00p	<i>Youth Lesson (2)</i> REC SWIM (2) Adult Lap (1) 5:00p-6:30p	<i>Youth Lesson (2)</i> REC SWIM (2) Adult Lap (1) 5:00p-7:00p		
REC SWIM Adult Lap (2) 7:00p-9:00p	<i>Hydro Fitness (3)</i> Adult Lap (2) 6:30p-7:30p	REC SWIM Adult Lap (2) 7:00p-8:00p	<i>Hydro Fitness (3)</i> Adult Lap (2) 6:30p-7:30p	REC SWIM Adult Lap (2) 7:00p-9:00p	5:00p YMCA Closes	*Children under the age of 8 must be accompanied into the water and remain within the reaching distance of an adult. *No children under the age of 13 are not allowed in the facility without adult *The number of lanes for an activity / program is noted in the parenthesis, or otherwise determined by the lifeguard . *The sauna opens and closes when the pool opens and closes.
	REC SWIM Adult Lap (2) 7:30p-9:00p		REC SWIM Adult Lap (2) 7:30p-9:00p			
	<i>Adult Lessons</i> Adult Laps (3) 8:00p-9:00p	REC SWIM Adult Lap (2) 7:30p-9:00p				