POOL SCHEDULE

YMCA Boughton Street Branch

Late Spring 2012

April 30th to June 24

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	***Cardio Fitness*** Adult Lap (3) 8:00a-9:00a	Rec Swim Adult Lap (3) 8:00a-9:00a	***Cardio Fitness*** 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
Youth Lessons (9:00a-9:30a) ***GP Preschool (3)*** (9:30a-10:30a) Adult Lap (2) 9:00a-10:30a	***Youth Lessons*** (9:00a-9:30a) ***Adult Tri (2)*** (9:30a-10:30a) Adult Lap (3) 9:00a-10:30a	***Youth Lessons*** (9:00a-9:30a) Rec Swim (9:30a-10:30a) Adult Lap (3) 9:00a-10:30a	***Youth Lessons*** (9:00a-9:30a) ***GP Preschool (3)*** (9:30a-10:30a) Adult Lap (2) 9:00a-10:30a	***Adult & Youth Lessons*** Adult Lap (3) 9:00a-10:30a	***Youth Lessons*** 9:00a-12:30p **No Lap Swim** **No Rec Swim**	***Youth Lesson*** Lap (3) 9:00a-9:30p
Aquacize Lap (1) 10:30a-11:30a	***Bootcamp (2)*** Lap (3) 10:30a-11:30a	***Aquacize*** Lap (1) 10:30a-11:30a	***Bootcamp (2)*** Lap (3) 10:30a-11:30a	***Aquacize*** Lap (1) 10:30a-11:30a		***Youth Lesson (1)*** Rec Swim (2) Lap (2) 9:30a-1:00p
Adult Lap (4) Jog/Family(1) 11:30a-1:00p	***Senior Aerobics*** Adult Lap 2/3 11:35p-12:25p Rec Swim Lap (2) 12:30p-1:00p	Adult Lap (4) Jog/Family(1) 11:30a-1:00p	***Senior Aerobics*** Adult Lap 2/3 11:35p-12:25p Rec Swim Lap (2) 12:30p-1:00p	Adult Lap (4) Jog/Family(1) 11:30a-1:00p		1:00p YMCA Closes
Senior Exercise 1:00p-2:00p	Rec Swim Lap (2) 1:00p-2:30p	Senior Exercise 1:00p-2:00p	***Youth Lessons*** Lap (3) 1:00p-2:30p	Senior Exercise 1:00p-2:00p		
Rec Swim Lap (3) 2:00p-4:00p	Rec Swim Lap (3) 2:30p-4:00p	Rec Swim Lap (3) 2:00p-4:00p	Rec Swim Lap (3) 2:30p-4:00p	Rec Swim Lap (3) 2:00p-3:00p	Rec Swim Lap (2) 12:30p-5:00p	
Youth Lesson (2) Rec Swim (2) Lap (1) 4:00p-6:30p	***Youth Lesson (3)*** Lap (2) 4:00p-5:00p ***Youth Lesson (2)*** Rec Swim (2) Lap (1) 5:00p-6:30p	***Youth Lesson (2)*** Rec Swim (2) Lap (1) 4:00p-6:30p	***Youth Lesson (3)*** Lap (2) 4:00p-5:00p ***Youth Lesson (2)*** Rec Swim (2) Lap (1) 5:00p-6:30p	***Escape After School Program*** 3:00p-5:30p Lap (2/3) **No Rec**	5:00p YMCA Closes	
Rec Swim Lap (2) 6:30p-9:00p	***Hydro Fitness (3)*** Lap (2) 6:30p-7:30p Rec Swim Adult Lap (2) 7:30p-9:00p	***Youth Lesson (1)*** Rec Swim (2) Lap (2) 6:30p-8:00p ***Adult Lessons*** Adult Laps (3) 8:00p-9:00p	***Aqua Zumba (3)*** Lap (2) 6:30p-7:30p Rec Swim Adult Lap (2) 7:30p-9:00p	Rec Swim Lap (2) 5:30p-9:00p ***Youth Lesson (1)*** 6:30p-7:15p		

*Children under the age of 6 AND ANY CHILD WHO CANNOT SWIM 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 supervision.

*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.

Up-Dated: 4/25/2012