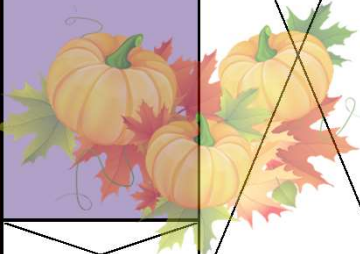




September 22nd - October 31st

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ONEIDA FAMILY YMCA

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 - 11:00 Team Practice All Lanes	5:30-8:25 Lap Swim	5:30 - Lap Swim	5:30-8:25 Lap Swim	5:30-7:30 Lap Swim	5:30-8:25 Lap Swim	7:00-8:55 Lap Swim
		5:45-6:45 Hydro Spin 3 Lap Lanes				
11:00 - 1:30 Family Swim Lap Lane	8:30-9:25 Shallow Water Aerobics	8:30-9:25 Deep Water Jogging	8:30-9:25 Shallow Water Aerobics	8:30-9:25 Deep Water Jogging	8:30-9:25 Instructor's Choice	9:00-12:00 Swim Lessons No Open Swim
	9:30-11:00 Pre/Post Surgery Therapy	9:30 - 1:00 Lap Swim	9:30-11:00 Pre/Post Surgery Therapy	9:30 - 10:00 Lap Swim	9:30-11:00 Pre/Post Surgery Therapy	
1:45-3:45 B-day Parties Pool Rentals	11:00-1:20 Lap Swim	1:00-2:10 Family Swim Lap Lane	11:00-1:20 Lap Swim	10:00 - 12:00 Swim Lessons No Open Swim	11:00-1:20 Lap Swim	12:00-1:10 Lap Swim
	1:25-2:10 Young at Heart 1 Lap Lane		1:25-2:10 Young at Heart 1 Lap Lane	12:00 - 1:00 Lap Swim	1:00-2:10 Family Swim Lap Lane	
2:45-3:45 B-day Parties Pool Rentals	2:10-3:00 Lap Swim	2:10-3:00 Lap Swim	2:10-3:00 Lap Swim	2:10-3:00 Lap Swim	2:10-3:00 Lap Swim	2:45-3:45 B-day Parties Pool Rentals
	3:00-4:00 Family Swim Lap Lane	3:00-4:00 Family Swim Lap Lane	3:00-4:00 Family Swim Lap Lane	3:00-4:00 Family Swim Lap Lane	3:00-4:00 Family Swim Lap Lane	
3:00 - 8:00 Family Swim Lap Lane	4:00-5:30 Swim Lessons No Open Swim	4:00 - 5:00 Swim Lessons No Open Swim	4:00-5:30 Swim Lessons No Open Swim	4:00-6:00 Swim Lessons No Open Swim		2:45-3:45 B-day Parties Pool Rentals
	5:30 - 6:30 Shallow Water Aerobics	5:00 - 6:00 Aqua Zumba	5:30-6:25 Family Swim Lap Lane	6:00 - 7:00 Family Swim Team (3 Lanes) No Lap Swim		
6:30 - 7:30 Family Swim Team (2 Lanes) No Lap Swim	6:00 - 7:00 Family Swim Team (3 Lanes) No Lap Swim	6:30 - 7:30 Shallow Water Aerobics	6:00 - 7:00 Family Swim Team (3 Lanes) No Lap Swim	7:00 - 9:00 Team Practice All Lanes		
7:30 - 9:00 Team Practice All Lanes	7:00 - 9:00 Team Practice All Lanes	7:30 - 9:00 Team Practice All Lanes	7:00 - 9:00 Team Practice All Lanes	7:00 - 9:00 Team Practice All Lanes		

Notes:

- Private swim lessons may be held in open lap lanes without prior notice on the schedule. Please be respectful to the instructors and students.
- Lap swim or family swim are not allowed during group swim lessons. This is for the safety of the children participating. The lifeguard(s) must have their full attention on the children. Thank you for your cooperation.
- Water shoes are required for Hydro Spin. If you are a new participant, please arrive 10-15 minutes early for assistance in adjusting the bike.
- If there are 3 or more swimmers in a lap lane, circle swimming is required to avoid collisions. Lifeguards may move swimmers to different lanes to match speeds for the same reason.

Version 2

Pool Closings:
None Scheduled
New Swim Times
Family Swim: Fridays 7:00p-8:00p Saturdays 1:10p-2:30p Sundays 11:00a-1:30p
Lap Swim: Saturdays 7:00a-8:55a, 12:00p-1:10p
Sunday October 27th: Lap Swim 8:00a-11:00a