



# Aquatics

## MAIN POOL

### JULY -AUGUST 2017

Monday	
5:30am-8:30am	Lap Swim
8:30am-9:30am	Deep Water Jogging
9:30am-10:30am	Young at Heart/ 1 Lap Lane
10:30am- 11:30am	Open Swim/ Lap Swim
11:30am-1:30pm	YMCA Camp/ Open Swim
1:30pm-3:30pm	Annsville Summer Camp
3:30pm-5:30pm	Open Swim/ Lap Swim
5:30pm-6:30pm	Hydrospin/3 Lap Lanes/open swim deep end
6:30pm-8:00pm	Open Swim/ Lap Swim

Tuesday	
5:30am-6:00am	Lap Swim
6:00am-7:00am	Hydrospin/3 Lap Lanes/open swim deep end
7:00am-8:30am	Lap Swim
8:30am-9:30am	Deep Water Jogging
9:30am-10:30am	Hydrospin/3 Lap Lanes/open swim deep end
10:30am- 11:30am	Open Swim/ Lap Swim
11:30am-1:30pm	YMCA Camp/ Open Swim
1:30pm-5:30pm	Open Swim/ Lap Swim
5:30pm-6:30pm	Aqua Zumba
6:30pm-7:30pm	Hydrospin/3 Lap Lanes/open swim deep end
7:30pm-8:00pm	Open Swim / Lap Swim

Wednesday	
5:30am-8:30am	Lap Swim
8:30am-9:30am	Deep Water Jogging
9:30am-10:30am	Young at Heart / 1 Lap Lane
10:30am- 11:30am	Open Swim/ Lap Swim
11:30am-1:30pm	YMCA Camp/ Open Swim
1:30pm-3:30pm	Annsville Summer Camp
3:30pm-4:00pm	Open Swim
4:00pm-6:30pm	YMCA Swim Lessons
6:30pm-8:00pm	Open Swim / Lap Swim

Thursday	
5:30am-6:00am	Lap Swim
6:00am-7:00am	Hydrospin/3 Lap Lanes/open swim deep end
7:00am-8:30am	Lap Swim
8:30am-9:30am	Splash Fit
9:30am-10:30am	Young at Heart / 1 Lap Lane
10:30am- 11:30am	Open Swim/ Lap Swim
11:30am-1:30pm	YMCA Camp/ Open Swim
1:30pm-4:00pm	Open Swim/ Lap Swim
4:00pm-5:00pm	Hydrospin/3 Lap Lanes/open swim deep end
5:15pm-6:15pm	Aqua Zumba / 1 Lap Lane
6:15pm-7:15pm	YMCA Swim Lessons
7:15pm-8:00pm	Open Swim / Lap Swim

Friday	
5:30am-8:30am	Lap Swim
8:30am-9:30am	Deep Water Jogging
9:30am-10:30am	Young at Heart / 1 Lap Lane
10:30am- 11:30am	Open Swim/ Lap Swim
11:30am-1:30pm	YMCA Camp/ Open Swim
1:30pm-4:00pm	Open Swim/ Lap Swim
4:00pm-5:00pm	Hydrospin/3 Lap Lanes/open swim deep end
5:00pm-7:30pm	Open Swim / Lap Swim

Saturday	
7:15 am-9:00am	Lap Swim
9:00am-12:00pm	Open Swim/ Lap Swim
12:00pm-1:00pm	Aqua Zumba

Sunday	
CLOSED	

Annsville Summer Camp will run from July 10th to August 16th, otherwise 1:30pm-3:30pm will be used for Open Swim/ Lap Swim