



# Aquatics

## MAIN POOL

## JUNE–AUGUST 2018

Monday	
5:30am–8:30am	Lap Swim
8:30am–9:30am	Deep Water Jogging / 1 Lap Lane
9:30am–10:30am	Young at Heart / 1 Lap Lane
10:30am–11:30pm	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–6:15pm	Hydrospin/ 3 Lap Lanes/ open swim deep
7:30pm–8:00pm	Open Swim / 3 Lap Lanes

Thursday	
5:45am–6:45am	Hydrospin /3 Lap Lanes
6:45am–8:30am	Lap Swim
8:30am–9:30am	Splash Fit / 1 Lap Lane
9:30am–11:30 am	Open Swim / Lap Swim
11:30am–1:30pm	YMCA Camp/ Open swim
1:30pm–5:15pm	Open Swim / Lap Swim
5:15pm–6:15pm	Aqua Zumba / 3 Lap Lane
6:45pm–7:45pm	Hydrospin/ 3 Lap Lanes/ open swim deep
6:30pm–8:30pm	SCUBA Swim Time partical pool
7:45pm–8:00pm	Open Swim / 3 Lap Lanes

Tuesday	
5:45am–6:45am	Hydrospin /3 Lap Lanes
6:45am–8:30am	Lap Swim
8:30am–9:30am	Deep Water Jogging / 1 Lap Lane
9:30am–11:30am	Open Swim /Lap Swim
11:30am–1:30pm	YMCA Camp/ Open swim
1:30am–5:30pm	Open Swim / Lap Swim
5:30pm–6:30pm	Aqua Zumba
6:45pm–7:45pm	Hydrospin/ 3 Lap Lanes/ open swim deep
7:45pm–8:00pm	Open Swim / 3 Lap Lanes

Friday	
5:30am–8:30am	Lap Swim
8:30am–9:30am	Deep Water Jogging / 1 Lap Lane
9:30am–10:30am	Young at Heart / 1 Lap Lane
10:30am–11:30am	Open Swim / 3 Lap Lanes
10:30am–7:30pm	SCUBA Swim Time partical pool
11:30am–1:30pm	YMCA Camp/ Open swim
1:30am–7:30pm	Open Swim / 3 Lap Lanes

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

Saturday	
7:15am–10:00am	Lap Swim Only
10:00am–12:00pm	Open Swim / 3 Lap Lanes
12:00pm–1:00pm	Aqua Zumba

Sunday	
CLOSED	

Annsville Summer camp runs from July 9th– August 15th

YMCA Swim lessons may be held at any time in any lane with out notice

Main pool annual shutdown August 19th – August 26th