

# YMCA Fall Pool Schedule



September 7-11, 2010

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
5:00	Family Swim: Children under 18 must be accompanied by an adult <b>IN THE WATER.</b>	<b>Closed</b>	<b>Closed</b>					
6:00				Lap Swim 5:15-8:55 <small>*water walk starts at 7:30</small>	Lap Swim 5:15-8:55 <small>*water walk starts at 7:30</small>	Lap Swim 5:15-8:55 <small>*water walk starts at 7:30</small>	Lap Swim 5:15-8:55 <small>*water walk starts at 7:30</small>	Lap Swim 6:15-8:55 <small>*water walk starts at 8:00</small>
7:00								
8:00				Hydrocize 9:00-9:55	Aqua Fit 9:00-9:55	Hydrocize 9:00-9:55	Aqua Fit 9:00-9:55	Open 9:00-11:20 
9:00	Bodies in Motion 10:00-10:45			Floating Special 10:00-10:45	Bodies in Motion 10:00-10:45	Bend & Flex 10:00-11:15		
10:00	open			open	open			
11:00	Lap Swim 11:20-12:55			Lap Swim 11:20-12:55	Lap Swim 11:20-12:55	Lap Swim 11:20-12:55	Lap Swim 11:20-12:55	Lap Swim 11:20-12:55
12:00					Open 1:00-2:30	Open 1:00-5:30	Open 1:00-2:30	 Open Swim 1:00-4:00 <small>*Birthday Parties</small>
1:00				Twinges 2:30-3:15	Twinges 2:30-3:15			
2:00				Open 3:20-5:30	Open 3:20-5:30		Open 3:20-5:30	Family Float 4:00-5:45
3:00	Lap 5:30-6:30	Lap 5:30-6:30	Lap 5:30-6:30	Lap 5:30-6:30	Lap 5:30-6:30	Open Swim: Children 8 & under must be accompanied by an adult <b>IN THE WATER.</b>		
4:00	Open 6:30-8:00	Open 6:30-8:00	Open 6:30-8:00	Open 6:30-8:00	Family Float 6:30-8:00			
5:00	Aqua Fit 8:00-8:55	Aqua Fit 8:00-8:55	Aqua Fit 8:00-8:55	Aqua Fit 8:00-8:55	Open 8:00-9:30			
6:00	Open 9:00-9:45	Open 9:00-9:45	Open 9:00-9:45	Open 9:00-9:45				
7:00								
8:00								
9:00								
10:00								



## Facility Hours

Sept. 7 – Dec. 30

**Monday–Friday** 5:00 am–10:00 pm

**Saturday** 6:00 am–6:00 pm

**Sunday** 12:30–8:00 pm

The Y will be closed Thanksgiving, Nov. 25 and Christmas, Dec. 25.  
New Year's Day, the Y will be open from 9 am to 1 pm.

The Y will close at 2 pm on Christmas Eve, Dec. 24  
and New Year's Eve, Dec. 31.

## Guest Passes

The YMCA is a membership-driven organization. You're always welcome at our YMCA and we'd love to have you become part of our YMCA family! In the meantime, guests are welcome to use our YMCA at non-peak times.

- Daily guest passes are \$7 for youths age 17 and under, \$10 for adults, and \$14 for families, which includes parents and dependent children. Guests must have photo identification.
- From Labor Day to Memorial Day (fall, winter, spring), guest passes will **not** be sold at the following times:

**Monday – Thursday** 2:15 pm - 7:00 pm

**Friday** 2:15 pm - Close

**Saturday** 8:15 am - 2:00 pm

**Sunday** 12:30 pm - Close

- From Memorial Day to Labor Day (summer), guests are welcome **anytime** the facility is open.
- Please note that guest passes will not be sold to youths from 8 am - 2:30 pm on school days.