



ALLIANCE FAMILY YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POOL SCHEDULE: October 29–November 30

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30–7:00 1/2 ADULT OPEN 1/2 LAP SWIM	5:30–7:00 1/2 ADULT OPEN 1/2 LAP SWIM	5:30–6:30 1/2 ADULT SWIM 1/2 AHS SWIM TEAM	5:30–7:00 1/2 ADULT OPEN 1/2 LAP SWIM	5:30–6:30 1/2 ADULT OPEN 1/2 AHS SWIM TEAM	7:00–8:00 1/2 OPEN SWIM 1/2 LAP SWIM
7:00–9:00 OPEN SWIM	7:00–8:30 OPEN SWIM	6:30–9:00 OPEN SWIM	7:00–9:30 OPEN SWIM	6:30–9:00 OPEN SWIM	8:00–9:00 1/2 LAP SWIM 1/2 OPEN SWIM
9:00–9:45 ARTHRITIS EXERCISE 1/2 LAP SWIM	8:30–9:30 1/2 HOSPITAL 1/2 LAP SWIM	9:00–9:45 ARTHRITIS EXERCISE 1/2 LAP SWIM	9:30–10:15 1/2 WATER EXERCISE (instructor's choice) 1/2 LAP SWIM	9:00–9:45 ARTHRITIS EXERCISE 1/2 LAP SWIM	9:00–11:00 SWIM LESSONS 2 ADULT LAP LANES
9:45–10:30 1/2 WATER EXERCISE (shallow water) 1/2 LAP SWIM	9:30–10:15 1/2 HOSPITAL 1/2 WATER EXERCISE (instructor's choice)	9:45–10:30 1/2 WATER EXERCISE 1/2 LAP SWIM	10:15–11:00 1/2 WATER EXERCISE (POOLATES) 1/2 LAP SWIM	9:45–10:30 1/2 WATER EXERCISE (shallow water) 1/2 LAP SWIM	11:00–2:30 OPEN SWIM
10:30–11:30 1/3 ADULT OPEN 1/3 SWIM LESSONS 1/3 LAP SWIM (2 lanes)	10:15–11:30 1/2 HOSPITAL 1/2 WATER EXERCISE (POOLATES)	10:30–11:00 OPEN SWIM	11:00–2:30 OPEN SWIM	10:30–11:00 OPEN SWIM	NOV 10TH AQUATHON 9:00–12:00 NO LAP SWIM AVAILABLE
11:30–2:30 OPEN SWIM	11:30–2:30 OPEN SWIM	11:00–2:30 1/2 OPEN SWIM 1/2 LAP SWIM		11:00–12:15 1/3 SWIM LESSONS 1/3 ADULT OPEN 1/3 LAP SWIM	
2:30–4:30 AHS SWIM TEAM	2:30–4:30 AHS SWIM TEAM	2:30–4:30 AHS SWIM TEAM	2:30–4:30 AHS SWIM TEAM	12:15–2:30 OPEN SWIM	SUNDAY
4:30–5:30 MHS SWIM TEAM	4:30–5:30 1/2 SWIM LESSONS 1/2 MHS SWIM TEAM	4:30–5:30 MHS SWIM TEAM	4:30–5:30 1/2 SWIM LESSONS 1/2 MHS SWIM TEAM	2:30–4:30 AHS SWIM TEAM	1:00–3:30 OPEN SWIM
5:30–6:30 1/2 WATER EXERCISE (instructor's choice) 1/2 Y SWIM TEAM	5:30–6:30 1/2 SWIM LESSONS 1/2 Y SWIM TEAM	5:30–6:30 1/2 WATER EXERCISE (instructor's choice) 1/2 Y SWIM TEAM	5:30–6:30 1/2 SWIM LESSONS 1/2 Y SWIM TEAM	4:30–5:30 MHS SWIM TEAM	
6:30–7:30 Y SWIM TEAM	6:30–7:30 1/2 SWIM LESSONS 1/2 Y SWIM TEAM	6:30–7:30 Y SWIM TEAM	6:30–7:30 Y SWIM TEAM	5:30–6:30 Y SWIM TEAM	
7:30–8:30 1/2 FAMILY SWIM 1/2 LAP SWIM	7:30–8:30 1/2 FAMILY SWIM 1/2 LAP SWIM	7:30–8:30 1/2 FAMILY SWIM 1/2 LAP SWIM	7:30–8:30 1/2 FAMILY SWIM 1/2 LAP SWIM	6:30–7:30 1/2 FAMILY SWIM 1/2 LAP SWIM	

OPEN/LAP SWIMS: Subject to change due to special programs. 11/10 Worldwide Aquathon Day 9a–12p

OPEN SWIMS: Children under six and 48" must be accompanied by parent in the water.

FAMILY SWIMS: Adults and families. Children under 14 must be accompanied by own parent in the water or pool area.

LAP SWIM: Lap lanes are for swimming laps. Swimmers must share lanes, circle swim is recommended.

PLEASE RESPECT LIFEGUARDS—**THE FIRST STEP IN SAFETY IS PREVENTION**—LIFEGUARDS ARE IN CHARGE OF POOL AREA!