



ALLIANCE FAMILY YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POOL SCHEDULE: January 3-January 31

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 (instructor's choice)	10:30-11:15 1/2 SCHOOL LESSONS 1/2 LAP SWIM	11:00-2:30 OPEN SWIM	10:30-11:00 OPEN SWIM	
11:30-2:30 OPEN SWIM	11:30-2:30 OPEN SWIM	11:15-2:30 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. SWIM & A STORY 1/26 12:30-2:30

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!

AHS SWIM MEETS 1/4 1/18 1/25 YFLYERS SWIM MEETS 1/5 1/19

PLEASE WATCH FOR SCHEDULE ADJUSTMENTS DURING THE CHRISTMAS AND NEW YEAR'S HOLIDAY!