



Lake Community YMCA | July 14th - July 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim 4 Lanes Pool	6:00AM-7:50AM (Lap Swim) 12:15PM-1:00PM (Lap Swim) 3:00PM-5:30PM (Lap Swim) 8:00PM-9:30PM (Lap Swim)	6:00AM-7:50AM (Lap Swim) 9:30AM-5:30PM (Lap Swim) 8:00PM-9:30PM (Lap Swim)	6:00AM-7:50AM (Lap Swim) 12:15PM-1:00PM (Lap Swim) 3:00PM-5:30PM (Lap Swim) 8:00PM-9:30PM (Lap Swim)	6:00AM-7:50AM (Lap Swim) 9:45AM-5:00PM (Lap Swim) 8:00PM-9:30PM (Lap Swim)	6:00AM-7:50AM (Lap Swim) 11:20AM-1:00PM (Lap Swim) 3:00PM-9:30PM (Lap Swim)	8:00AM-8:50AM (Lap Swim) 12:30PM-4:30PM (Lap Swim)	10:00AM-4:00PM (Lap Swim)
Lap Swim 2 Lanes Pool	8:00AM-10:50AM (Lap Swim)	8:00AM-9:30AM (Lap Swim)	8:00AM-10:30AM (Lap Swim) 2:00PM-3:00PM (Lap Swim)	8:00AM-9:45AM (Lap Swim)	8:00AM-11:15AM (Lap Swim) 2:00PM-3:00PM (Lap Swim)	9:00AM-10:00AM (Lap Swim)	
Water Fitness Pool	8:00AM-8:50AM (Water Aerobics) 9:00AM-9:50AM (Water Aerobics) 7:15PM-8:00PM (Water Aerobics)	8:00AM-8:45AM (Water Aerobics)	8:00AM-8:50AM (Water Aerobics) 9:00AM-9:50AM (Water Aerobics)	8:00AM-8:45AM (Water Aerobics)	8:00AM-8:50AM (Water Aerobics) 9:00AM-9:50AM (Water Aerobics)	9:00AM-9:50AM (Water Aerobics)	
Mindfulness Meditation Pool	10:00AM-10:45AM (Water Aerobics)						
Lap Swim 3 Lanes Pool	10:50AM-12:15PM (Lap Swim) 1:00PM-3:00PM (Lap Swim)		1:00PM-2:00PM (Lap Swim)		1:00PM-2:00PM (Lap Swim)	10:00AM-12:30PM (Lap Swim)	
Open Swim Pool	11:00AM-1:00PM (Open Swim) 3:00PM-5:30PM (Open Swim) 8:00PM-9:30PM (Open Swim)	9:30AM-5:30PM (Open Swim) 8:00PM-9:30PM (Open Swim)	12:15PM-1:00PM (Open Swim) 3:00PM-5:30PM (Open Swim) 7:45PM-9:30PM (Open Swim)	9:45AM-5:00PM (Open Swim) 8:00PM-9:30PM (Open Swim)	11:20AM-1:00PM (Open Swim) 3:00PM-9:30PM (Open Swim)	12:30PM-4:30PM (Open Swim)	10:00AM-4:00PM (Open Swim)
Lap Swim 1 Lane Pool	5:30PM-8:00PM (Lap Swim)	5:30PM-8:00PM (Lap Swim)	5:30PM-8:00PM (Lap Swim)				
Aqua Stretch Pool		9:00AM-9:30AM (Water Aerobics)		9:00AM-9:30AM (Water Aerobics)			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Arthritis Water Exercise Pool			10:30AM-11:15AM (Water Aerobics)		10:30AM-11:15AM (Water Aerobics)		
Aqua Zumba Pool				7:15PM-8:00PM (Water Aerobics)			