



## Meyers Lake YMCA | March 30th - April 5th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open/Lap Swim</b> Pool	5:30AM-9:00AM (Open Swim)  10:00AM-12:00PM (Open Swim)  4:00PM-7:00PM (Open Swim)	5:30AM-11:00AM (Open Swim)  4:00PM-6:00PM (Open Swim)  8:00PM-8:45PM (Open Swim)	5:30AM-9:00AM (Open Swim)  11:00AM-12:00PM (Open Swim)  3:00PM-6:00PM (Open Swim)	5:30AM-11:00AM (Open Swim)  3:00PM-6:00PM (Open Swim)  8:00PM-8:45PM (Open Swim)	5:30AM-6:45PM (Open Swim)  9:00AM-12:00PM (Open Swim)  3:00PM-4:00PM (Open Swim)	7:00AM-9:00AM (Open Swim)  12:00PM-2:45PM (Open Swim)	
<b>Deep Water Aerobics</b> Pool	9:00AM-10:00AM (Water Aerobics)		9:00AM-10:00AM (Water Aerobics)				
<b>POOL CLOSED</b> Pool	12:00PM-4:00PM (Pool Closed)	1:00PM-4:00PM (Pool Closed)	6:00PM-8:45PM (Pool Closed)		4:00PM-7:00PM (Pool Closed)		
<b>Arthritis Water Exercise</b> Pool		11:00AM-11:45AM (Water Aerobics)		11:00AM-11:45AM (Water Aerobics)			
<b>Aqua Pilates</b> Pool		12:00PM-1:00PM (Water Aerobics)		12:00PM-1:00PM (Water Aerobics)			
<b>Hydro Fitness +</b> Pool		7:00PM-8:00PM (Water Aerobics)		7:00PM-8:00PM (Water Aerobics)		11:00AM-12:00PM (Water Aerobics)	
<b>Special Event</b> Pool			1:00PM-3:00PM (Pool Closed)		1:00PM-3:00PM (Pool Closed)		