



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

POOL SCHEDULE 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00A-6:30A Open/lap Swim Deep water 5:45-6:30A	5:00A-9:00A Open/lap Swim Deep Water Toning 6:00-6:45A	5:00A-6:30A Open/lap Swim Deep Water 5:45-6:30A	5:00A-9:00A Open/lap Swim Deep Water Toning 6:00-6:45A	5:00A-6:30A Open/lap Swim Deep Water Aerobics 5:45-6:30A	8:00A-2:30P Open/lap Swim	1:00P-3:30P Open/lap Swim
6:30A-7:15A Water Mobility Closed/No lap		6:30A-7:15A Water Mobility Closed/No lap		6:30A-7:15A Water Mobility Closed/No lap	9:00A-10:30A Swim Lessons Lap swim	
7:15A-8:00A Open/lap Swim		7:15A-8:00A Open/lap Swim		7:15A-8:00A Open/lap Swim		
8:00A-8:45A Water Mobility Closed/No lap		8:00A-8:45A Water Mobility Closed/No lap		8:00A-8:45A Water Mobility Closed/No lap		
9:00A-10:00A Aqua Cardio (One lane open for lap swim)	9:00A-9:45A Aqua Zumba (ONE Lane open for lap swim)	Aqua Zumba/ Water Toning 9:00-10:00 A (One lane open for lap swim)	9:00A-10:00A Aqua Cardio (One lane open for lap swim)	9:00A-9:55 A Aqua Zumba (One lane open for lap swim)		
10:00A-11:00A Swim Lessons Lap swim	10:00A-11:00A Water Stretch Class Pool Closed	10:00A-11:00A Swim Lessons Lap Swim	10:00A-11:00A Water Stretch Class Pool Closed			
11:00A-2:00P Open Swim-Two lanes open swim / St. Vincent Physical Therapy Two Lanes	11:00A-6:30P Open Swim Time	11:00A-12:00P Open Swim-Two lanes open swim / St. Vincent Physical Therapy Two Lanes	11:00A-5:00P Open Swim Time			
2:00P-5:00P Open Swim		12:00P-8:00P Open Swim	5:00P-6:00P Swim Lessons	10:00A-6:00P Open Swim		
5:00P-6:00P Swim Lessons	6:30P-7:30P Deep Water Aerobics Pool closed		6:30P-7:30P Aqua Boot Camp One Lap lane Open			
6:00-8:00P Open Swim	7:30P-8:00P Open Swim		7:30P-8:00P Open Swim			

Clinton County Family YMCA

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