



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Pool Schedule: October 2017

Monday	Tuesday	Wednesday	Thursday	Friday
Open 5:30 AM — Close 8:45 PM	Open 5:30 AM — Close 8:45 PM	Open 5:30 AM — Close 8:45 PM	Open 5:30 AM — Close 8:45 PM	Open 5:30 AM — Close 8:45 PM
Adult Lap Swim till 8:45 PM + OPEN Swim till 6 PM	Adult Lap Swim till 8:45 PM + OPEN Swim till 6 PM	Adult Lap Swim till 8:45 PM + OPEN Swim till 8:45 PM	Adult Lap Swim till 8:45 PM + OPEN Swim till 6 PM	Adult Lap Swim till 8:45 PM + OPEN Swim till 8:45 PM
<u>*Tone & Tide</u> (Mary Ann Harris) *Closed to open swim 9 AM - 10:15 AM	<u>*Low Impact Water Aerobics</u> (Cathy Taylor) *Closed to open swim 11:15 AM – 12:15PM	<u>*Tone & Tide</u> (Mary Ann Harris) *Closed to open swim 9 AM - 10:15 AM	<u>*Low Impact Water Aerobics</u> (Cathy Taylor) *Closed to open swim 11:15 AM – 12:15PM	<u>*Tone & Tide</u> (Mary Ann Harris) *Closed to open swim 9 AM - 10:15 AM
Adult Lap Swim till 8:45 PM + OPEN Swim till 6 PM	Adult Lap Swim till 8:45 PM + OPEN Swim till 6 PM	Continue till 8:45 PM Adult Lap Swim + OPEN Swim	Adult Lap Swim till 8:45 PM + OPEN Swim till 6 PM	Continue till 8:45 PM Adult Lap Swim + OPEN Swim
		<u>*NEW Aqua Fit</u> (Hannah) *Closed to open swim 5 PM – 6 PM		<u>*21st CCLC Swim Program</u> 3:30 PM – 5:15 PM
<u>*Swim Team Practice</u> 6 PM – 8 PM	<u>*Swim Team Practice</u> 6 PM – 8 PM	<u>*Swim Lessons</u> 5:30 PM – 7:15 PM	<u>*Swim Team Practice</u> 6 PM – 8 PM	<u>*Swim Lessons</u> 5:30 PM – 7:15 PM





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<u>Saturday</u> Open 8 AM — Close 6:45 PM	<u>Sunday</u> Open 1 PM — Close 4:45 PM
Adult Lap Swim (Two lanes) + Open Swim	Adult Lap Swim (Two lanes) + Open Swim

Aquatic News

Schedule Begins Monday, October 1st and is subject to change.

New Water Aerobics Class

We are adding a new water aerobics class Aqua Fit- This class is for all fitness levels; it will challenge your muscle endurance, cardio, and flexibility! In this class you will use the water's resistance to work with you, and not against you! Aqua Fit runs from 5 PM - 6 PM on Wednesdays with Hannah!

Swim team

Swim team runs from September – March (depending on championships).

100 Mile Swim Club *Free to members

Complete 100 Miles in 2017 and receive a Swim Club T-shirt.

FREE Grant Swim Lessons October – November

Ask about our FREE swim lessons we offer through our grant programming. Families who receive for free or reduced school lunches qualify.

Aquatics Staff

We are happy to welcome Joe MacLaughlin (Aquatics Director & Swim Team Coach) and Hannah Williams (Aquatics Assistant Director) to the YMCA staff!

