

C.W. Avery Family YMCA POOL Schedule

Back to School Session: September 8 - October 25, 2008

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap Swim 5 - 9 am 6 lanes open	Lap Swim 5 - 9 am 6 lanes open	Lap Swim 5 - 9 am 6 lanes open	Lap Swim 5 - 9 am 6 lanes open	Lap Swim 5 - 9 am 6 lanes open	Lap Swim 6 - 9 am ***
	Pre & Post Natal Moms on the Move Every 4th Tuesday 9 - 10 am	Fab 50's & Swimnastics 9 - 10 am	Pre & Post Natal 9 - 10 am	Family Swim 9 am - 1 pm ***	Adult Lessons 7:45-8:30am
Swimnastics 9 - 10 am					Swim Lessons 8:40am - 12 pm No lap swim 11-12
Swim Lessons 10:05am-11:15am **	Swim Lessons 10:05am-11:15am **	Swim Lessons 10:05am-11:15am **	Swim Lessons 10:05am-11:15am **		
Family Swim 11:25 am - 1 pm ***	Family Swim 11:25 am - 1 pm ***	Family Swim 11:25 am - 1 pm ***	Family Swim 11:25 am - 1 pm ***		Adult Lessons 12:10-12:55pm
Open Swim 1 - 3:50 pm ***	Open Swim 1 - 3:50 pm ***	Open Swim 1 - 3:50 pm ***	Open Swim 1 - 3:50 pm ***	Open Swim 1 - 4 pm ***	Family Swim 12 - 2 pm **
Swim Lessons 4 - 7 pm * No lap swim 5:45-7 pm	Swim Lessons 4 - 7 pm * No lap swim 5:45-7 pm	Swim Lessons 4 - 7 pm * No lap swim 5:45-7 pm	Swim Lessons 4 - 7 pm * No lap swim 5:45-7 pm	High School Swim Practice 4-6pm	Open Swim 2 - 5:30 pm **
Porpoise Club		Porpoise Club		Open Swim 4 - 6 pm *	
Aqua Aerobics 6:30-7:30pm	Deep Water 6:30-7:30pm	Aqua Aerobics 6:30-7:30pm	Deep Water 6:30-7:30pm	Open Swim 6 - 9:30 pm *** <i>Please check your calendar for Friday evening special events in the pool.</i>	Attn Members: Please note that the pool will experience high usage when the High School Swim Team will be in the pool from 7:30-9:30pm
Open Swim 7:10 - 9:30 pm *	Open Swim 7:10 - 9:30 pm *	Open Swim 7:10 - 9:30 pm *	Open Swim 7:10 - 9:30 pm *		
Adult Lessons 7:15 - 8 pm		Adult Lessons 7:15 - 8 pm			
High School Swim Practice 7:30-9:30p	High School Swim Practice 7:30-9:30p	High School Swim Practice 7:30-9:30	High School Swim Practice 7:30-9:30p		

PLEASE NOTE: LAP SWIMMING WILL NOT BE AVAILABLE MON-THU 5:45-7PM AND ON SAT 11AM-12PM



*** Indicates when there will be 3 lap lanes available.

** indicates when there will be at least 2 lap lanes available

* indicates when there will be at least 1 lap lane available.

PLEASE NOTE THAT TO INSURE A SAFE ENVIRONMENT THE LIFEGUARD MAY CHANGE THIS SCHEDULE AT ANY TIME.

See reverse side of schedule for pool rules/guidelines.