

C.W. AVERY FAMILY YMCA

FAMILY POOL SCHEDULE

JAN 9 - MAR 31

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SPLASH PLAYGROUND (NO BIG SLIDES)	11AM-1PM	11AM-1PM	11AM-1PM	11AM-1PM	11AM-1PM		
OPEN SWIM	5:45-8:45PM	5:45-8:45PM	5:45-8:45PM	5:45-8:45PM	5:45-8:45PM	12-5:30PM	11AM-2:45PM
YOUTH SWIM LESSONS	10AM-2:30PM 3:50-5:40PM	10AM-2:30PM 3:50-5:40PM	10AM-2:30PM 3:50-5:40PM	10AM-2:30PM 3:50-5:40PM		8:40AM-12PM	
PRE & POST NATAL		9:15-10:00AM		9:15-10:00AM			
SWIMNASTICS			9:00-10:00AM				
ADULT ONLY WATER WALKING	11AM-1PM	11AM-1PM	11AM-1PM	11AM-1PM	11AM-1PM		
AQUA BOOT CAMP					10:30-11:10AM JAN 20 FEB 17 MAR 16		

ALL CHILDREN UNDER 10 YEARS OLD MUST BE ACCOMPANIED BY AN ADULT IN THE WATER AT ALL TIMES

LAP POOL SCHEDULE

JAN 9 - MAR 31

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LAP SWIM	5AM-9:30PM	5AM-9:30PM	5AM-9:30PM	5AM-9:30PM	5AM-9:30PM	6AM-5:30PM	11AM-2:45PM
OPEN SWIM	12-3:45PM 7-9:30PM	12-3:45PM 7-9:30PM	12-3:45PM 7-9:30PM	12-3:45PM 7-9:30PM	12-9:30PM	12-3:30PM	11AM-2:45PM
YOUTH SWIM LESSONS	10AM-2:30PM 3:50-7:00PM	10AM-2:30PM 3:50-7:00PM	10AM-2:30PM 3:50-7:00PM	10AM-2:30PM 3:50-7:00PM		8:40AM-12PM	
AQUA AEROBICS					11-11:45AM		
SWIMNASTICS	9:00-10:00AM						
DEEP WATER		7:00-7:45PM	10:15-11:15AM	7:00-7:45PM			
PORPOISE CLUB	7:00-8:00PM	7:00-8:00PM	7:00-8:00PM	7:00-8:00PM		X-TREME 8:30-10AM	
MASTERS SWIM TEAM					9:30-11:00AM	7:30-8:30AM	
ADULT SWIM LESSONS		7:15-8:00PM		7:15-8:00PM		7:45-8:30AM 12:10-12:55PM	
PRIVATE & ADAPTED	AS ARRANGED	AS ARRANGED	AS ARRANGED	AS ARRANGED	AS ARRANGED	AS ARRANGED	AS ARRANGED
AQUA ZUMBA					7:00-8:00PM JAN 20 FEB 17 MAR 16		
PLAINFIELD HS SWIM TEAM	2:45-5:00PM	2:45-5:00PM	2:45-5:00PM	2:45-5:00PM	2:45-5:00PM	6:00-8:00AM	

FOR YOUR SAFETY THE LIFEGUARD HAS THE AUTHORITY TO CHANGE THIS SCHEDULE

LAP SWIMMERS WILL NEED TO SHARE LANES