



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# C.W. AVERY FAMILY YMCA

## POOL SCHEDULE July 9 - August 12

FAMILY POOL SCHEDULE							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>OPEN SWIM</b>	12:00-8:00P	12:00-8:00P	12:00-8:00P	12:00-8:00P	12:00-8:00P	12:00P-5:30P	12:00P-3:30P
<b>SPLASH PLAYGROUND</b>	10:00A-12:00P	10:00A-12:00P	10:00A-12:00P	10:00A-12:00P	10:00A-12:00P		
<b>WATER VORTEX (OPEN TO ALL AGES)</b>	12:00-7:00P	12:00-8:00P	12:00-7:00P	12:00-8:00P	12:00-8:00P	12:00-5:30P	12:00-3:30P
<b>WATER WALKING (ADULTS ONLY)</b>	9:00A-12:00P 7:00P-8:00P	9:15A-12:00P	9:30A-12:00P 7:00P-8:00P	10:00A-12:00P	10:00A-12:00P		
<b>DAY CAMP</b>	1:00-3:00P	1:00-3:00P	1:00-3:00P	1:00-3:00P	1:00-3:00P		
<b>GROUP SWIM LESSONS</b>	9:20-11:50A 3:50P-7:00P	9:20-11:50A 3:50P-7:00P	9:20-11:50A 3:50P-7:00P	9:20-11:50A 3:50P-7:00P	9:20-10:30A 3:50P-5:00P	8:40A-12:00P	
<b>WATER FITNESS</b>	8:15A-9:00A Aqua Yogilates		8:30A-9:20A Swimnastics	9:15-10:00A Aqua Soothe	9:15A-10:00A Aqua Aerobics		

LAP POOL SCHEDULE							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>LAP SWIM</b>	5:00A-9:30P	5:00A-9:30P	5:00A-9:30P	5:00A-9:30P	5:00A-9:30P	6:00A-5:30P	7:00A-3:30P
<b>OPEN SWIM</b>	12:00P-7:00P 8:00-9:30P	12:00P-6:30P 7:30-9:30P	12:00P-7:00P 8:00-9:30P	12:00P-7:15P 8:00-9:30P	11:15A-9:30P	12:00P-5:30P	7:00A-3:30P
<b>GROUP SWIM LESSONS</b>	8:40-11:50P 2:15P-8:00P	8:40-11:50P 2:15P-7:00P	8:40-11:50P 2:15P-8:00P	8:40-11:50P 2:15P-7:00P	8:40-11:10P 2:15P-5:00P	8:40A-12:00P	
<b>WATER FITNESS</b>	9:15-10:00A Aqua Aerobics	8:30A-9:15A Aqua Nuts	9:25A-10:15A Deep Water	8:00A-9:00A Swimnastics 7:15P-8:00P Aqua Fit	9:30A-11:00A Adult Swim Club		
<b>DAY CAMP</b>	1:00P-3:00P	1:00P-3:00P	1:00P-3:00P	1:00P-3:00P	1:00P-3:00P		
<b>JETS SWIM TEAM</b>	6:00A-8:00A 4:30P-9:00P	6:00A-8:00A 4:30P-9:00P	6:00A-8:00A 4:30P-9:00P	6:00A-8:00A 4:30P-9:00P	6:00A-8:00A 5:00P-8:00P	7:30A-11:30A	
<b>AQ STAFF TRAINING (biweekly)</b>	12:00-1:00P		7:00-9:30P		10:30A-12:00P	10:30A-1:00P	

### IMPORTANT DATES:

Ask about Coach Britt's Stroke & Turn Clinic running **7/16-7/19!**

The Plainfield High School Girls' Swim Team will be using 5 lap lanes:

**July 23-27**  
**6:30-8:30 AM**

The Plainfield High School Girls' Swim Team will be using 4 lap lanes:

**August 8-10**  
**2:45-5:00 PM**  
(open swim will not be available during this time)

**August 11**  
**6:00-8:00 AM**

### PLEASE NOTICE:

The pool can be crowded during camp swim times. Please plan accordingly.

