## WILMERDING YMCA POOL SCHEDULE

412-823-9000

Effective October 5, 2015 412-823-1402 FAX Mon Tue Wed Thur Fri Sat Sun **6** am Χ Adult Adult Adult Adult Adult X Χ Swim Swim Swim Swim Swim Χ Х Adult Swim **7** am Χ 5:30-9:15 5:30-9:00 5:30-9:00 5:30-9:00 5:30-9:15 7:00-9:30 Χ 8 am Χ :30 Χ Χ Χ **Agua Combo** AOA **Arthritis water Agua Combo** AOA 9 am Χ 9:15-10:00 Water fitness 9:00-10:00 **Water Fitness** exercise :30 9:00-10:00 Χ Maureen 9:00-9:45 9:15-10:00 Swim Lessons Lynn Χ Joanne Stroke Develop. Sharon Joanne 9:45-10:30 **10** am Х Adult Swim Wave Runners Wave Runners **Adult Swim** Χ 10:05-11:00 **Adult Swim** 10:05-11:00 Χ 10:00-10:45 9:45-4:00 Sharon 10:00-10:45 **Preschool** :30 Lynn Χ REACH Arthritis water 10:30-11:00 Χ 10:45-11:30 **Aqua Dynamics Exercise** Polliwog/Guppy **11** am Χ Joanne 11:05-12:00 Adult Swim 10:45-11:30 11:05-1150 :30 Lynn 11:00-3:45 Maureen **Adult Swim Adult Swim Adult Swim Adult Swim** 11:30-1:30 Rental or **12** pm 11:30-1:30 11:30-1:30 **Adult Swim** :30 12:00-3:30 12:00-1:00 call and ask **Adult Swim 1** pm 1:00-2:30 **Pool Closed** :30 **Aqua Mix Aqua Mix 2** pm Family/Open 1:30-2:15 1:30-2:15 1:45-3:45 Joanne Maureen :30 Adult Swim **Adult Swim** Pool closed 2:15-5:00 2:15-5:00 3 pm **Open Swim** :30 2:40-3:45 X **Open Swim Open Swim** X X 3:30-4:30 3:45-4:45 4 pm Χ X X X **Adult Swim** Χ :30 X 4:30-5:40 **Open Swim** Adult Swim X Open Swim 4:00-5:25 4:45-6:00 pool closed 5 pm loog **Open Swim** 5:00-5:55 closed :30 X Swim Lessons 5:00-6:00 X X Swim Lessons Parent/Child X X Swim Lessons Parent-Child 5:30-6:00 Swim Lessons Rental or X 6 pm 5:45-6:15 X **Preschool Preschool Family Swim** X X 6:00-6:30 **Preschool** 6:00-6:30 6:00-7:00 X :30 Minnow call and ask X Polli/Guppy 6:20-6:50 Polli/Guppy X 6:00-6:45 X 6:35-7:20 Polli/Guppy 6:35-7:20 Fish/Fly Fish/Shark **Family Swim** X 7 pm X 6:50-7:35 <u>Adults</u> 6:45-7:30 7:00-8:45 X Family/Open Swim :30 X Masters and 7:20-8:05 X X 7:20-8:00 **Adult Swim** Family/Open Swim X X Adult swim 7:40-8:45 Adult swim 7:30-8:15 X 8 pm X **Adult Swim** X :30 X 8:00-8:45 8:00-8:45 8:15-8:45 X X X 9 pm X X X X :30 X X pool closed pool closed pool closed pool closed pool closed X X

Adult swim: 18 and older, 2 lanes open. Family swim: families w/ children in the water only. Open Swim: all ages. Children 8 years and under MUST be accompanied by an adult in the water. During classes and lessons, only class participants permitted in pool.