

McPherson Family YMCA Pool Schedule

February 21-April 18, 2010

| Day | Monday | | Tuesday | | Wednesday | | Thursday | | Friday | | Saturday | | Sunday | |
|-------------|---|----------------------------|-------------------------|---------------------------|--------------------------|----------------------------|------------------------|----------------------|--------------------------|----------------------|------------------------------|----------------------------|------------------|--------------------|
| Time | Lap | Family | Lap | Family | Lap | Family | Lap | Family | Lap | Family | Lap | Family | Lap | Family |
| 5:45-8:00 | Lap Swim | Closed | Lap Swim | Closed | Lap Swim | Closed | Lap Swim | Closed | Lap Swim | Closed | Pool Opens at 7:15- Lap Swim | Closed | | |
| 8:15-9:00 | Silver Splash | Warmcise | Aquarobics | Water Walking | Silver Splash | Warmcise | Aquarobics | Water Walking | Aquarobics | Water Walking | | | | |
| 9:15-10:00 | Lap Swim | Arthritis | Powercise/ 2 Lap Lanes | | Lap Swim | Arthritis | Powercise/ 2 Lap Lanes | | Water Polo | | HS Swim Team 9-11am | | | |
| 10:00-11:00 | 2 Lane Lap Swim | Mom-Me Swim Lessons | 2 Lane Lap Swim | Pre School Lessons | 2 Lane Lap Swim | Pre School Lessons | 2 Lane Lap Swim | | 2 Lane Lap Swim | Family Swim | | Pool Opens at 10:15 | | |
| 11:00-12:00 | Water Walking | Family Swim | Water Walking | Family Swim | Water Walking | Family Swim | Water Walking | | Water Walking | | Water Walking 2 Lanes | | | |
| 12:00-1:00 | Lap Swim | Closed | Lap Swim | Closed | Lap Swim | Closed | Lap Swim | Closed | Lap Swim | Closed | Lap Swim | Family Swim | 2 Lane Lap Swim | Family Swim |
| 1:00-3:00 | USD Adaptive P.E. | | 2nd Grade Learn to Swim | | USD Adaptive P.E. | | Lap Swim | | USD Adaptive P.E. | | | | | |
| 3:00-3:45 | Hot Tub and Sauna Open - - - Pools Closed for Maintenance | | | | | | | | | | Closes at 3:45 | Closes at 3:45 | 2 Lane Open Swim | Family Swim |
| 4:00-5:30 | HS Swim Team | Family Swim | HS Swim Team | Family Swim | HS Swim Team | Family Swim | HS Swim Team | Family Swim | HS Swim Team | Family Swim | | | Closes 5:45 | Closes 5:45 |
| 5:30-6:00 | 2 lap lanes Y-Swim Team | 5:15 Yogilates 6:15 | Lap Swim | Swim Lesson | 2 lap lanes Y-Swim Team | 5:15 Yogilates 6:15 | Lap Swim | Swim Lessons | 2 lap lanes Y-Swim Team | | | | | |
| 6:00-7:00 | Y-Swim Team | Family Swim | | | Y-Swim Team | Family Swim | | | Y-Swim Team | | | | | |
| 7:00-7:45 | Water Aerobics | | Deep Water Aerobics | Family Swim | Water Aerobics | | Deep Water Aerobics | Family Swim | Open Swim | | | | | |
| 8:00-9:30 | Open & Lap Swim | Closed | Open & Lap Swim | Closed | Open & Lap Swim | Closed | Open & Lap Swim | Closed | Open & Lap Swim | Closed | | | | |