



Aquatic Schedule January 8th-March 25th, 2017

Northwest YMCA: Aquatics Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	LANE SWIM 6:00-8:55 BOTH POOLS (20M 6FT)	LANE SWIM 6:00-8:55 BOTH POOLS (20M 6FT) DEEP WATER AQUAFIT 8:00-9:00 2 LANES LANE 20 M	LANE SWIM 6:00-8:55 BOTH POOLS (20M 6FT)	LANE SWIM 6:00-11:30 20M (20M 6FT) 6:00-8:55 10M DEEP WATER AQUAFIT 8:00-9:00 2 LANES LANE 20 M	LANE SWIM 6:00-9:55 BOTH POOLS (20M 6FT)	PLEASE NOTE: POOL AREA WILL BE CLOSED SATURDAY JANUARY 6TH FROM 9AM-12PM FOR STAFF TRAINING
LANE SWIM 9:00-11:00 11:30-11:55 20 M (20M 6FT)	FAMILY SWIM 9-10:30 BOTH POOLS	LESSONS 9:00-10:00 BOTH POOLS (FAMILY SWIM AS OF MAR 27)	FAMILY SWIM 9-11:30	FAMILY SWIM 9-10:30 10 M	FAMILY SWIM 10-11:30	LANE SWIM 8:00-9:25 BOTH POOLS (20M 6FT)
AQUAFIT 11:00-11:30 20M 11:30-11:55 10M WITH ADRIAN	LANE SWIM 10:30-11:30 20M FAMILY SWIM 11:30-12:55 10M	FAMILY SWIM 10:00-11:30 BOTH POOLS	FAMILY SWIM 11:30-12:55 10M	BABY & ME AQUA BOOTCAMP 10:30-11:30 10M	FAMILY SWIM 11:30-12:55 10M	LESSONS 9:30-2:00 BOTH POOLS (FAMILY SWIM AS OF MARCH 31)
LANE SWIM 11:00-11:30 10 M POOL	LANE SWIM 11:30-12:55 20 M	LANE SWIM 11:30-12:55 BOTH POOLS 20M 6FT	LANE SWIM 11:30-12:15 20 M AQUA BOOT CAMP 12:15-1:00pm 20m	LANE SWIM 10:30-12:55 20M 6FT LANE SWIM 11:30-12:55 10 M	LANE SWIM 11:30-12:55 20 M	
LESSONS 12:00-4:00 BOTH POOLS (FAMILY SWIM AS OF APRIL 1)	FAMILY SWIM 1-2:30	FAMILY SWIM 1:00-3:45 BOTH POOLS 130-230 LESSONS JAN 8-FEB 13	FAMILY SWIM 1-2:30	FAMILY SWIM 1:00-3:45 BOTH POOLS	FAMILY SWIM 1-2:30	WATER POLO 1:30-3:30 20M
	GENTLE AQUAFIT 2:40-3:40 10M POOL		GENTLE AQUAFIT 2:40-3:40 10M POOL		GENTLE AQUAFIT 2:40-3:40 10M POOL	GENTLE AQUAFIT 2:40-3:40 10M POOL
FAMILY SWIM 4:00-6:50 BOTH POOLS	LANE SWIM 2:30-3:40 20 M	LESSONS 4:00-7:30 BOTH POOLS (FAMILY SWIM AS OF MARCH 27)	LANE SWIM 2:30-3:40 20 M	LESSONS 4:00-8:15 BOTH POOLS (FAMILY SWIM AS OF MARCH 29)	LANE SWIM 2:30-3:40 20 M	FAMILY SWIM 3:30-6:50 BOTH POOLS
	LESSONS 4:00-8:00 BOTH POOLS (FAMILY SWIM AS OF MARCH 26)		FAMILY SWIM 3:45-5:20		FAMILY SWIM 3:45-5:20	
CHILDREN 6 YEARS OF AGE AND UNDER MUST BE WITHIN ARMS REACH OF AN ADULT AT LEAST 16 YEARS OF AGE	FAMILY SWIM 8:00-9:30 10M LANE SWIM 8:00-9:30 20 M	FAMILY SWIM 7:30-9:30 10 M 8:30-9:30 20 M	DEEP WATER AQUAFIT 5:25-6:25 20M LANE SWIM 10 M	FAMILY SWIM 6:30-9:30 10M 8:00-9:30 20M	FAMILY SWIM 8:15-9:30 10M LANE SWIM 8:15-9:30 20 M	

Winter Session January 8th—March 25th

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