

# Downtown Aquatic Schedule September 4th-September 30th, 2018

Aquatics Downtown YMCA

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	<b>LANE SWIM SMALL POOL</b> 6:00-8:00AM (4 LANES )	<b>LANE SWIM SMALL POOL</b> 6:00-9AM (4 LANES )	<b>LANE SWIM SMALL POOL</b> 6:00-8:00AM (4 LANES )	<b>LANE SWIM SMALL POOL</b> 6:00-9AM (4 LANES )	<b>LANE SWIM SMALL POOL</b> 6:00-9:00AM		
<b>LANE SWIM SMALL POOL</b> 9-11:30AM (4 LANES )	<b>DEEP WATER AQUAFIT</b> 8:00-9:00AM MICHELLE	<b>MS AQUAFIT</b> 9-10AM	<b>DEEP WATER AQUAFIT</b> 8:00-9:00AM MICHELLE	<b>MS AQUAFIT</b> 9-10AM	<b>DEEP WATER AQUAFIT</b> 8:00-9:00AM (2 LANES) CHRISTINA		
<b>AQUAFIT</b> 11:30-12:30 BERNADETTE	<b>LANE SWIM</b> 11:00AM-1PM (4 LANES)	<b>LANE SWIM</b> 11:00-12:10 (4 LANES)	<b>LANE SWIM</b> 11:00-1PM (4 LANES)	<b>LANE SWIM</b> 11:00-12:10 (4 LANES)	<b>LANE SWIM</b> 11:00-1PM (4 LANES)		
<b>FAMILY SWIM</b> 12:30-6PM  (MAIN AND SMALL POOL AVAILABLE)  ONE OR MORE LANES MAY BE ADDED TO MAIN POOL TO ACCOMMODATE USER NEEDS.  CHILDREN UNDER 6 YEARS OF AGE MUST BE WITHIN ARMS REACH OF AN ADULT.	<b>SMALL POOL SWIM</b> 11:00-12:10	<b>SMALL POOL SWIM</b> 11:00-1	<b>SMALL POOL SWIM</b> 11:00-12:10	<b>SMALL POOL SWIMFIT</b> 12:10-12:50 MAIN POOL DON <b>AI CHI</b> 12:10-12:50 SMALL POOL ADRIEN	<b>SMALL POOL SWIM</b> 11:00-12:10		
	<b>AQUAFIT</b> 12:10-12:50 SMALL POOL KEN	<b>SWIMFIT</b> 12:10-12:50 MAIN POOL DON	<b>AQUAFIT</b> 12:10-12:50 SMALL POOL SCOTT		<b>AQUAFIT</b> 12:10-12:50 SMALL POOL		
	<b>LANE SWIM</b> 1-4:30PM (4 LANES)	<b>LANE SWIM</b> 1-4:00PM (4 LANES)	<b>LANE SWIM</b> 1-4:30PM (4 LANES)	<b>LANE SWIM</b> 1-4:00PM (4 LANES)	<b>LANE SWIM</b> 1-4:00PM (4 LANES)	<b>LANE SWIM</b> 1-4:00PM (4 LANES)	<b>FAMILY SWIM</b> 3:30-6PM
	<b>GENTLE AQUAFIT</b> 3-4PM ALICE SMALL POOL OPEN AT 2:30PM	<b>GENTLE AQUAFIT</b> 3-4PM KATHY SMALL POOL OPEN AT 2:30PM	<b>GENTLE AQUAFIT</b> 3-4PM ALICE SMALL POOL OPEN AT 2:30PM	<b>GENTLE AQUAFIT</b> 3-4PM ALICE SMALL POOL OPEN AT 2:30PM	<b>GENTLE AQUAFIT</b> 3-4PM BEV SMALL POOL OPEN AT 2:30PM	<b>GENTLE AQUAFIT</b> 3-4PM ALICE	(MAIN AND SMALL POOL AVAILABLE)  ONE OR MORE LANES MAY BE ADDED TO MAIN POOL TO ACCOMMODATE USER NEEDS.
	<b>AQUA BOOT CAMP</b> CHRISTINA 4:45-5:30PM (2 LANES )	<b>LANE SWIM</b> 4:00-5:30PM (2 LANES) 5:30-6:30PM (1 LANE)	<b>AQUA BOOT CAMP</b> CHRISTINA 4:45-5:30PM (2 LANES )	<b>LANE SWIM</b> 4:00-5:30PM (2 LANES) 5:30-6:30PM (1 LANE)	<b>LANE SWIM</b> 4-8PM (2 LANES)	CHILDREN UNDER 6 YEARS OF AGE MUST BE WITHIN ARMS REACH OF AN ADULT.	
	<b>DEEP WATER AQUAFIT</b> 5:30-6:30PM JAMES	<b>PRENATAL AQUACIZE</b> 5-6:30PM SALLY E	<b>DEEP WATER AQUAFIT</b> 5:30-6:30 BARB/NATASA	<b>PRENATAL AQUACIZE</b> 5-6:30PM SALLY E	<b>FAMILY SWIM</b> 5:30-8PM SMALL POOL		
	<b>LANE SWIM</b> 6:30-8:00PM (2 LANES)	<b>AQUAFIT</b> 6:30-7:30PM MARGARET	<b>LANE SWIM</b> 6:30-8PM (2 LANES)	<b>AQUAFIT</b> 6:30-7:30PM MARGARET			
	<b>LANE SWIM &amp; SMALL POOL SWIM</b> 8:00-9:00PM (4 LANES)	<b>SMALL POOL SWIM</b> 6:30-8:30PM	<b>LANE SWIM &amp; SMALL POOL SWIM</b> 8-9:00PM (4 LANES)	<b>SMALL POOL SWIM</b> 6:30-8:30PM			



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