



BETHANY YMCA

POOL SCHEDULE

July 2010



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:15-7:45 Lap Swim	5:15-7:45 Lap Swim	5:15-7:45 Lap Swim	5:15-7:45 Lap Swim	5:15-7:45 Lap Swim	
	Safety Break	Safety Break	Safety Break	Safety Break	Safety Break	
	8:00-8:55 Water Walking	8:00-8:55 Water Walking	8:00-8:55 Water Walking	8:00-8:55 Water Walking	8:00-8:55 Water Walking	8:15-10:30 Lap Swim
	9:00-9:55 Arthritis Deep water	9:00-9:55 Arthritis Deep water	9:00-9:55 Arthritis Deep water	9:00-9:55 Arthritis Deep water	9:00-9:55 Arthritis Deep water	
	Safety Break	Safety Break	Safety Break	Safety Break	Safety Break	Safety Break
	10:15-11:10 Sr. Aerobics Deep end open	10:15-11:10 Sr. Aerobics Deep end open	10:15-11:10 Sr. Aerobics Deep end open	10:15-11:10 Sr. Aerobics Deep end open	10:15-11:10 Sr. Aerobics Deep end open	
	11:15-12:15 Arthritis Deep end open	11:15-12:45 Swim Lessons 1 Lap Lane	11:15-12:15 Arthritis Deep end open	11:15-12:45 Swim Lessons 1 Lap Lane	11:15-12:15 Arthritis Deep end open	10:55-1:00 Lap Swim
PM	PM	PM	PM	PM	PM	PM
	Safety Break		Safety Break		Safety Break	Safety Break
1:15-2:30 Open Swim	12:30-1:30 Adult Lap swim	12:45-1:30 Adult Lap swim	12:30-1:30 Adult Lap swim	12:45-1:30 Adult Lap swim	12:30-2:00 Adult Lap swim	1:25-3:30 Open Swim
Safety Break	Safety Break	Safety Break	Safety Break	Safety Break	Safety Break	
2:45-4:30 Open Swim	1:45-3:45 Open/Camp Swim No Lap Lane	1:45-3:45 Open/Camp Swim No Lap Lane	1:45-3:45 Open/Camp Swim No Lap Lane	1:45-3:45 Open/Camp Swim No Lap Lane	2:10-3:50 One lap lane Open Swim	
	4:00-6:45 Lessons	4:00-6:45 Lessons	4:00-6:45 Lessons	4:00-6:45 Lessons	Safety Break 4:00-6:25 Lap Swim	
	6:30-7:35 Water Fitness	6:30-7:35 Open Swim	6:30-7:35 Water Fitness	6:30-7:35 Open Swim	6:30-7:35 Water Fitness	
	Safety Break	Safety Break	Safety Break	Safety Break	Safety Break	
	7:45-8:45 Open Swim	7:45-8:45 Lap Swim	7:45-8:45 Open Swim	7:45-8:45 Lap Swim	7:45-8:45 Open Swim	

* Guards will be taking 15 minute safety breaks throughout the day. Pool will be cleared and the doors locked at this time.

**Friday open swim time may be used for make-up swim lessons.

Lap Swimming Time: No open swim during this time. **Open Swim:** Lap lane may be established during open swim.

Arthritis Exercise: Gentle, therapeutic, range-of-motion exercise designed by the YMCA and the Arthritis Foundation.

Water Fitness: Shallow water, low-impact, moderate to high intensity cardiovascular workout followed by toning and stretching.

Deep Water: High intensity - Need to have swim belt and know how to swim.

Note: Independent water workout is allowed during all "Deep End Open" time slots. Please check the schedule.

YMCA Mission:

To put Christian Principles into practice using programs that build Healthy Spirit, Mind and Body for all.

