

**Aquatics Center Schedule
January 1 – March 27, 2010**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5-7am	Fitness Swim	Fitness Swim	Fitness Swim	Fitness Swim	Fitness Swim		
7-9am	Fitness Swim	Fitness Swim	Fitness Swim	Fitness Swim	Fitness Swim	Fitness Swim	
9-11am	Fitness Swim/ Arthritis W.E.	Fitness Swim/ Parent and Child Swim	Fitness Swim/ Arthritis W.E.	Fitness Swim/ Parent and Child Swim	Fitness Swim/ Arthritis W.E.	Fitness Swim	
11am-1pm	Fitness Swim	Fitness Swim	Fitness Swim	Fitness Swim	Fitness Swim	Fitness Swim	
1pm-4pm	Closed	Closed	Closed	Closed	Closed	Member Swim (Noon-4pm)	Member Swim
4pm-5pm	Fitness Swim/ Parent and Child Swim	Fitness Swim	Fitness Swim	Fitness Swim	Fitness Swim		Member Swim
5pm-7pm	Fitness Swim/ Parent and Child Swim	Aquatic Programing	Member Swim/ Fitness Swim	Aquatic Programing	Member Swim		
7pm-9pm	Fitness Swim	Fitness Swim	Fitness Swim	Fitness Swim	Member Swim		

Definitions

Fitness Swim: Lap swimming, Water Walking, and Water Exercise

Arthritis W.E.: Classes are designed to benefit those with arthritis and other joint or mobility issues.

Aquatic Programing: Aquatic Education Classes, Swim Team

Member Swim: All play features will in use. Slide will not be used on Wednesday.

Parent/Child Swim: Child must be accompanied by a swimming parent or grandparent.

*For a schedule of water fitness classes look at our Winter Brochure or online at www.ymcasemo.net

**Pool schedule may change on days that school is out