

**Aquatics Center Schedule
March 1, 2018 – May 31, 2018**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5-9am	Fitness Swim	Fitness Swim	Fitness Swim	Fitness Swim	Fitness Swim		
9-11am	Fitness Swim/ Aquatic Programming	Fitness Swim/ Parent and Child Swim	Fitness Swim/ Aquatic Programming	Fitness Swim/ Parent and Child Swim	Fitness Swim/ Aquatic Programming	Fitness Swim <i>(Opens at 7am)</i>	
11am-1pm	Fitness Swim	Fitness Swim	Fitness Swim	Fitness Swim	Fitness Swim	Member Swim	
1pm-4pm	Closed	Closed	Closed	Closed	Closed	Member Swim	Member Swim
4pm-6pm	3pm-4pm Aquatic Programming Fitness Swim/ Parent/Child Swim	Fitness Swim/ Parent/Child Swim	3pm-4pm Aquatic Programming Fitness Swim/ Parent/Child Swim	Fitness Swim/ Parent/Child Swim	3pm-4pm Aquatic Programming Fitness Swim/ Parent/Child Swim		Member Swim/ Fitness Swim <i>(Facility closes at 5pm)</i>
6pm-8pm	Fitness Swim/ Aquatic Programming	Fitness Swim/ Aquatic Programming	Fitness Swim/ Aquatic Programming	Fitness Swim/ Aquatic Programming	Member Swim		
8pm-9pm	Fitness Swim	Fitness Swim	Fitness Swim	Fitness Swim	Member Swim		

Definitions

Fitness Swim: Lap swimming, Water Walking, and Water Exercise for Adult Members.

Aquatic Programming: Aquatic Classes, Swim Team, Swim Lessons, etc.

Member Swim: Open swim time for Y members, youth and adult. Play features will be in use.

Parent/Child Swim: Child must be accompanied by a parent or grandparent. It is the lifeguard's decision as to whether or not the guardian should be in the water within arm's reach.

*For a schedule of aquatic programming visit us online at www.ymcasemo.net

**There will be Youth Community Swim on March 29, March 30, April 2, April 27, and May 24

***Winter Swim Club will be going on January 8th –March 1st. Monday, Tuesday, & Thursday 6:30-8pm. There will be at least one lane available for fitness swimmers.