

**Aquatics Center Schedule  
June 1, 2018 – August 31, 2018**

<b>Time</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
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	Youth Community Swim	Youth Community Swim	Youth Community Swim	Youth Community Swim	Youth Community Swim	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.

Youth/Community Swim: Open swim time for Y members and non-members (daily fee for non-members), adults, youth, and children (children 9 and under must be accompanied by a parent/guardian at all times in the Aquatics Center). \*Ends when school resumes in the fall.

\*For a schedule of aquatic programming visit us online at [www.ymcasemo.net](http://www.ymcasemo.net)