



FALL POOL SCHEDULE NORTHWEST

SESSION 5
August 14–October 15

Multipurpose Pool

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00–6:30am							
6:30–7:00am							
7:00–7:30am							
7:30–8:00am							
8:00–8:30am							
8:30–9:00am							
9:00–9:30am		AQUAFIT LIGHT & EASY SHALLOW 9:00–9:45am TW		AQUAFIT LIGHT & EASY SHALLOW 9:00–9:45am TW			
9:30–10:00am							
10:00–10:30am		YCCF SWIM LESSONS 10:00–11:00am TW		YCCF SWIM LESSONS 10:00–11:00am TW			
10:30–11:00am			AQUAFIT SHALLOW 10:30–11:15am TW				
11:00–11:30am			AQUA STRENGTH & CONDITIONING 11:45am–12:15pm LL		AQUA STRENGTH & CONDITIONING 11:45am–12:15pm LL		
11:30am–12:00pm	30 MINUTE WATER RUNNING						
12:00–12:30pm	11:45am–12:15pm LL						
12:30–1:00pm							
1:00–1:30pm							
1:30–2:00pm							
2:00–2:30pm							
2:30–3:00pm							
3:00–3:30pm							
3:30–4:00pm							
4:00–4:30pm		AQUAFIT DEEP WATER 4:15–5:00pm LL		AQUAFIT DEEP INTERVAL 4:15–5:00pm LL			
4:30–5:00pm					TIGER SHARKS SWIM TEAM 4:30–7:00pm Lap Lanes - 2 Lanes		
5:00–5:30pm							
5:30–6:00pm		AQUAFIT SHALLOW					
6:00–6:30pm		5:45am–6:30pm TW					
6:30–7:00pm							
7:00–7:30pm							
7:30–8:00pm							
8:00–8:30pm							
8:30–9:00pm							

Pool Participants:

The Multipurpose Pool and will close 30 minutes before the rest of the YMCA facility.

- Open swim in all areas of the pool
- Entire pool is closed
- Some areas reserved for classes
- LL** -Lap Lanes
- TW** -Teaching Well