



FALL POOL SCHEDULE NORTHWEST

SESSION 6
October 16-December 17

Multipurpose Pool

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00-5:30am							
5:30-6:00am							
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		SWIM LESSONS 9:00-9:30am 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		SWIM LESSONS 10:00-12:00pm TW	
10:30-11:00am			AQUAFIT SHALLOW 10:30-11:15am TW				
11:00-11:30am							
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 2 LL		
5:00-5:30pm	SWIM LESSONS 5:00-6:45pm TW		SWIM LESSONS 5:00-6:45pm TW				
5:30-6:00pm	AQUA CONDITIONING 5:30-6:15pm LL						
6:00-6:30pm		AQUAFIT SHALLOW 5:45am-6:30pm TW					
6:30-7:00pm							
7:00-7:30pm							
7:30-8:00pm							
8:00-8:30pm							

Pool Participants:

The Multipurpose Pool 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