



FALL POOL SCHEDULE

NORTHWEST

SESSION 7

October 29-December 16

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		AQUAFIT SHALLOW 8:00-9:00am TW		AQUAFIT SHALLOW 9:00-9:45am TW			
8:30-9:00am							
9:00-9:30am		AQUAFIT SHALLOW 9:00-9:45am TW		AQUAFIT SHALLOW 9:00-9:45am TW		SWIM LESSONS 9:00am-12:00pm TW	
9:30-10:00am							
10:00-10:30am							
10:30-11:00am							
11:00-11:30am							
11:30am-12:00pm	30 MINUTE WATER RUNNING 11:45 am-12:15pm 2LL		AQUA CONDITIONING 11:45 am-12:30pm 2LL				
12:00-12:30pm							
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					
4:30-5:00pm		DEEP WATER 4:15-5:00pm LL					
5:00-5:30pm	SWIM LESSONS 4:45-6:45pm TW		SWIM LESSONS 4:45-6:45pm TW				
5:30-6:00pm	ADVANCED SWIM TRAINING 5:30-6:30pm 2 LL		ADVANCED SWIM TRAINING 5:30-6:30pm 2 LL				
6:00-6:30pm							
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 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