

**NORTHWEST FAMILY YMCA  
 SPRING I SESSION  
 25 YARD POOL SCHEDULE  
 February 22-APRIL 18, 2010**

<b>MONDAY</b>	
5:15-6:55am	Lap 4/ Water Walking 2
7:00-7:30am	Lap 1/Water Fitness 5
7:00-7:50am	Water Fitness for Health 6
8:00-8:50pm	Water Fitness for Health 6
9:00-9:50am	Water Fitness for Health 6
10:00 - Noon	Family 2/Lap 4
Noon-1:00pm	Lap 3/Water walking 3
1:00-3:30pm	Lap 3/Family 3
3:30-5:00pm	Classes 2/Swim Team 4
5:00-5:55pm	Lap 4/Water Walking 2
6:00-6:30pm	Family 2/Lap 4
6:30-8:00pm	Classes 6
8:00-8:50pm	Water Fitness
9:00-10:00pm	Lap 4/Water Walking 2

<b>TUESDAY</b>	
5:15-7:55am	Lap 4/ Water Walking 2
8:00-8:50am	Water Fitness for Health 6
9:00-9:50am	Water Fitness for Health 6
10:00-Noon	Family 3/Lap 3
Noon-1:00pm	Lap 3/Water Walking 3
1:00-2:00pm	Lap 3/Family 3
2:00-3:00pm	Classes 2/Lap 2/Family 2
3:00-3:30pm	Lap 3/Family 3
3:30-5:00pm	Classes 1/Swim Team 5
5:00-5:55pm	Lap 4/Water Walking 2
6:00-6:30pm	Family 2/Classes 4
6:30-7:30pm	Classes
7:30-7:55pm	Family 3/Lap 3
8:00-8:50pm	Water Fitness
9:00-10:00pm	Lap 4/Water Walking 2

<b>WEDNESDAY</b>	
5:15-6:55am	Lap 4/ Water Walking 2
7:00-7:30am	Lap 1/Water Fitness 5
7:00-7:50am	Water Fitness for Health 6
8:00-8:50am	Water Fitness for Health 6
9:00-9:50am	Water Fitness for Health 6
10:00-Noon	Family 2/Lap 4
Noon-1:00pm	Lap 3/Water Walking 3
1:00-3:30pm	Lap 3/Family 3
3:30-5:00pm	Swim Team 6
5:00-5:55pm	Lap 4/Water Walking 2
6:00-6:30pm	Family 2/Classes 4
6:30-8:00pm	Classes 6
8:00-8:50pm	Water Fitness
9:00-10:00pm	Lap 4/Water Walking 2

<b>THURSDAY</b>	
5:15-7:55am	Lap 4/ Water Walking 2
8:00-8:50am	Water Fitness for Health 6
9:00-9:50am	Water Fitness for Health 6
10:00-Noon	Family 3 /Lap 3
Noon-1:00pm	Lap 3/Water Walking 3
1:00-3:30pm	Lap 3/Family 3
3:30-5:00pm	Classes 1/Swim Team 5
5:00-5:55pm	Lap 4/Water Walking 2
6:00-6:30pm	Family 2/ Lap 4
6:30-7:30pm	Classes
7:30-7:55pm	Family 3/Lap 3
8:00-8:50pm	Water Fitness
9:00-10:00pm	Lap 4/Water Walking 2

<b>FRIDAY</b>	
5:15-6:55am	Lap 4/ Water Walking 2
7:00-7:30am	Lap 1/Water Fitness 5
7:00-7:50am	Water Fitness for Health 6
8:00-8:50am	Water Fitness for Health 6
9:00-9:50am	Water Fitness for Health 6
10:00-Noon	Lap 4/Family 2
Noon-1:00pm	Lap 3/ Water Walking 3
1:00-3:30pm	Lap 3/Family 3
3:30-5:30pm	Swim Team 6
5:30-6:30pm	Lap 4/Water Walking 2
6:45-8:45pm	Aqua Fun/Family Swim
9:00-10:00pm	Lap 4/Water Walking 2

<b>SATURDAY</b>	
YMCA Opens at 7:00am	
7:00-8:55am	Lap 4/Water Walking 2
9:00-9:30am	Classes 4/Water Walking 2
9:30-Noon	Classes Only
Noon-1:30pm	Lap 4/Water Walking 2
1:45-4:45pm	Aqua Fun/Family Swim
5:00-7:00pm	Lap 4/Water Walking 2

<b>SUNDAY</b>	
YMCA Opens at 8:00am	
8:00-1:30pm	Lap 4/ Water Walking 2
1:45-4:45pm	Aqua Fun/Family Swim
5:00-7:00pm	Lap 4/Water Walking 2

YMCA CLOSSES AT 10:00PM MONDAY - FRIDAY  
 & 7:00PM SATURDAY & SUNDAY.

NO STREET CLOTHES. PROPER SWIMSUIT REQUIRED.

**LAP:** SWIMMERS MUST BE AT LEAST 13 OR OLDER AND SUCCESSFULLY PASSED THE DEEP END TEST.

**WATER WALK/LAP:** LANES 5 & 6 ARE FOR WATER WALKERS **ONLY AGES 13 AND UP.**

**AQUA FUN:** THE INFLATABLE POOL TOY IS IN ON FRIDAYS, SATURDAYS & SUNDAYS. NO LAP LANES AVAILABLE.  
 THE NUMBERS ON THE SCHEDULE INDICATES HOW MANY LANES ARE OPEN FOR ACTIVITY.

**WHEN YOU ENTER A LANE TO LAP SWIM, PLEASE LET THE OTHER SWIMMERS KNOW YOU ARE THERE!**

**IF THERE ARE MORE THAN 2 IN A LANE, YOU MUST CIRCLE SWIM.**

**DURING OPEN/FAMILY SWIM:** ANYONE UNDER AGE 13 OR WITH A HEIGHT LESS THAN 58 INCHES, MUST HAVE EITHER PASSED THE DEEPEND TEST OR WEAR A YMCA APPROVED FLOTATION DEVICE AND OR BE WITHIN AN ARMS REACH OF AN ADULT (18YRS OR OLDER) AT ALL TIMES.

Revised 2/12/2010

PROGRAMS AND SCHEDULES MAY CHANGE WITHOUT NOTICE.