

**NORTHWEST FAMILY YMCA  
SUMMER  
WARM WATER POOL SCHEDULE  
June 29 - August 30, 2009**

<b>MONDAY</b>	
5:15-9:00am	Water Walking/Family
9:00-10:40am	Classes
10:45-Noon	Preschool Camp
Noon-1:00pm	Water Walking/Family
1:00-2:00pm	Arthritis Class
2:00-3:00pm	Water Fitness (Seniors)
3:00-5:00pm	Classes
5:00-6:00pm	Water Walking/Family
6:00-6:30pm	Classes
6:30-10:00pm	Water Walking/Family

<b>THURSDAY</b>	
5:15-9:00am	Water Walking/Family
9:00-10:40am	Classes
10:45-Noon	Preschool Camp
Noon-1:00pm	Water Walking/Family
1:00-2:00pm	Arthritis Class
2:00-3:00pm	Water Fitness (Seniors)
3:00-5:00pm	Classes
5:00-6:00pm	Water Walking/Family
6:00-6:30pm	Classes
6:30-10:00pm	Water Walking/Family

<b>TUESDAY</b>	
5:15-9:00am	Water Walking/Family
9:00-10:40am	Classes
10:45-Noon	Preschool Camp
Noon-1:00pm	Water Walking/Family
1:00-2:00pm	Arthritis Class
2:00-3:00pm	Water Fitness (Seniors)
3:00-5:00pm	Classes
5:00-6:00pm	Water Walking/Family
6:00-6:30pm	Classes
6:30-10:00pm	Water Walking/Family

<b>FRIDAY</b>	
5:15-9:00am	Water Walking/Family
9:00-10:40am	Classes
10:45-Noon	Preschool Camp
Noon-1:00pm	Water Walking/Family
1:00-2:00pm	Arthritis Class
2:00-3:00pm	Water Fitness (Seniors)
3:00-6:45pm	Water Walking/Family
6:45-9:00pm	Family
9:00-10:00pm	Water Walking/Family

<b>WEDNESDAY</b>	
5:15-9:00am	Water Walking/Family
9:00-10:40am	Classes
10:45-Noon	Preschool Camp
Noon-1:00pm	Water Walking/Family
1:00-2:00pm	Arthritis Class
2:00-3:00pm	Water Fitness (Seniors)
3:00-5:00pm	Classes
5:00-6:00pm	Water Walking/Family
6:00-6:30pm	Classes
6:30-10:00pm	Water Walking/Family

<b>SATURDAY</b>	
<b>YMCA Opens at 6:30am</b>	
6:30-8:00am	Water Walking/Family
8:00-9:00am	Stretch-N-Tone
9:00-Noon	Classes
Noon-1:30pm	Water Walking/Family
1:30-6:45pm	Family

<b>SUNDAY</b>	
<b>YMCA Opens at 8:00am</b>	
8:00-1:30pm	Water Walking/Family
1:30-6:45pm	Family

**During Family Swim:** Children 6 years and under or wearing a bubble must have an adult member (18 years or older) IN THE POOL with them at all times. Children 7-8 years old must have an adult (18 years or older) IN THE POOL AREA at all times.)  
Programs and schedules may change without notice.

Revised 5/29/09