

YMCA of Greater Rochester ** Southeast Family Branch
SUMMER SESSION June 28-August 29, 2010
POOL SCHEDULE

SUNDAY	
8:00 am - 11:00 am	Lap Swim, 1 Aqua Jog Lane
11:00am - 1:00pm	2 Youth & 3 Adult Lap, 1 Aqua Jog Lane
1:00pm - 6:00pm	Family Swim (laps as needed)
MONDAY	
5:15am-8:30am	Lap Swim
7:30 am-8:30am	1 Aqua Jog Lane
8:30 am-9:15 am	Fired Up!, 1/2 Lap Lane
9:15am am -10:45 am	Lessons, Camp Programming
10:45am-11:30am	Silver Splash
11:30am -12:00pm	AOA Lap Swim
12:00pm-1:00pm	Lap Swim
1:00pm-2:00pm	1/2 Family, 1/2 Lap Swim
2:30pm-3:30pm	1/2 Family, 1/2 Camp Programming
3:30pm-4:30pm	Liquid Fit
4:30pm-5:45pm	1/2 Family, 1/2 Lap Swim
5:45pm-6:30pm	Aqua Zumba
6:30 pm-7:30 pm	Pre-Natal, HydroPower
7:30pm-8:15pm	Aqua Power
8:30pm-10:00pm	Family Swim, Lap Lanes as Needed
TUESDAY	
5:15 am - 9:15 am	Lap Swim
7:00 am - 9:15 am	1 Aqua Jog Lane
9:15 am - 10:45 am	Lessons, Camp Programming
10:45 am - 11:30 am	Fired Up!
11:00am - 12:00pm	Move With Ease
12:00pm - 1:00pm	Lap Swim
1:00 pm - 2:00 pm	Stretch 'N' Tone
2:00 pm - 2:30pm	1/2 Family Swim, 1/2 Camp
2:30pm - 4:00pm	Camps, Family Swim w/ Inflatable
4:00pm - 5:30pm	1/2 Lap, 1/2 Lessons
5:30pm - 6:30pm	Lap Swim 1 Aqua Jog Lane
6:30 - 9:00 pm	Sharks Swim Team
9:00 - 10:00 pm	Family Swim, Lap Lanes as Needed
WEDNESDAY	
5:15am-8:30am	Lap Swim
7:30am -8:30am	1 Aqua Jog Lane
8:30 am-9:15 am	Fired Up!, 1/2 Lap Lane
9:15am am -10:45 am	Lessons, Camp Programming
10:45am-11:30am	Silver Splash
11:30am -12:00pm	AOA Lap Swim
12:00pm-1:15pm	Lap Swim
1:15pm-2:00pm	Water Yoga, 1/2 Lap Swim
2:00pm-3:30pm	1/2 Family, 1/2 Camp Programming
3:30pm-4:30pm	Liquid Fit
4:30pm-5:45pm	1/2 Family, 1/2 Lap Swim
5:45pm-7:30pm	Lessons
7:30pm-8:15pm	4 lanes Fired Up Maxx, 2 lanes Intro to Synchro
8:15pm-10:00pm	Family Swim, Lap Lanes as Needed

THURSDAY	
5:15 am - 9:15 am	Lap Swim
7:00 am - 9:15 am	1 Aqua Jog Lane
9:15 am - 10:45 am	Lessons, Camp Programming
10:45 am - 11:30 am	Fired Up!
11:00am - 12:00pm	Move With Ease
12:00pm - 1:00pm	Lap Swim
1:00 pm - 2:00 pm	Stretch 'N' Tone
2:00 pm - 2:30pm	1/2 Family, 1/2 Camp Programming
2:30pm - 4:00pm	Camps, Family Swim w/ Inflatable
4:00pm - 5:30pm	1/2 Lap, 1/2 Lessons
5:30pm - 6:30pm	Lap Swim 1 Aqua Jog Lane
6:30pm - 9:00pm	Sharks Swim Team
9:00pm -10:00pm	Family Swim, Lap Lanes as Needed
FRIDAY	
5:15am-8:30am	Lap Swim
7:30am -8:30am	1 Aqua Jog Lane
8:30am -9:15am	Fired Up MAXX, 1 Lap Lane
9:15 am -10:45 am	Lessons, Camp Programming
10:45am-11:30am	Silver Splash
11:30am -12:00pm	AOA Lap Swim
12:00pm-1:15pm	Lap Swim
1:15pm-2:00pm	Water Yoga, 1/2 Lap Swim
2:00pm-3:30pm	1/2 Family Swim, 1/2 Camp Programming
3:30pm-4:30pm	Liquid Fit
4:30pm-5:45pm	1/2 Family, 1/2 Lap Swim
5:45pm-6:30pm	Lap Swim, 1 Aqua Jog Lane
6:30pm-10:00pm	Family Swim, Lap Lanes as Needed
SATURDAY	
7:00 am - 8:15 am	Lap Swim, 1 Aqua Jog lane
8:15 am - 9:00 am	Aqua Power, 1/2 Lap Swim
9:30 am - 12:30 pm	Lessons
11:30am -1:30pm	Dolphins
12:30pm - 1:30pm	1/2 Lap Swim
1:30pm - 6:00pm	Family Swim, Lap Lanes as Needed

Southeast Family YMCA
Gym & Pool Schedule Hotline # 341-3270

YMCA Camp Arrowhead Swim Center Hours
Monday-Friday 6:00am - 8:00 am (Lap & deep end water walking)
Monday-Friday 4:15pm - 8:00pm
Saturday & Sunday 11:30am - 8:00pm

