

Westside Family YMCA Recreation Pool Schedule (Large Pool)

Summer Session- June 29 - September 6, 2009

updated 6/16/09

Monday	Lane 1	Lane 2	Lane 3	Lane 4
5:15-6:10	Lap Swim			
6:15-7:40	Lap Swim	Water Walking		
7:45-8:40	Aqua Fit II			
8:45-9:10	Open Swim			
9:15-9:55	Lap Swim	Water Walking		
10:00-10:55	Silver Splash *			
11:00-11:55	Water Walking w/ Instruction			
12:00-12:40	Lane	Arthritis Class *		
12:45-2:45	Day Camp Swim	Open Swim		
2:50-4:55	Open	Lap Swim		
5:00-5:15	Open Swim	Lap Swim		
5:20-5:55	Lessons	Open Swim		
6:00-8:00	Lessons			
8:05-8:45	Open Swim	Lessons		
8:50-9:45	Open Swim	Lap Swim		

Thursday	Lane 1	Lane 2	Lane 3	Lane 4
5:15-6:10	Lap Swim			
6:15-7:40	Lap Swim	Open		
7:45-8:55	Water Walking			
9:00-9:55	Aqua Fit III			
10:00-10:40	Open	Lap Swim		
10:45-11:25	Open Swim	Lap swim		
11:30-12:25	Aqua Yoga *			
12:30-12:40	Open Swim			
12:45-2:45	Day Camp Swim	Open Swim		
2:50-3:55	Open Swim	Lap Swim		
4:00-4:30	Lessons	Lap swim	Open	
4:35-5:10	Open Swim	Lessons		
5:15-6:10	Lane	Water Walking w/ Instruction		
6:15-7:00	Open Swim	Lap swim		
7:05-8:00	Aqua Fit II			
8:05-9:00	Lane	Aqua Yoga *		
9:05-9:45	Lap Swim	Water Walking		

Tuesday	Lane 1	Lane 2	Lane 3	Lane 4
5:15-6:10	Lap Swim			
6:15-7:40	Lap Swim	Open		
7:45-8:55	Water Walking			
9:00-9:55	Aqua Fit III			
10:00-10:40	Open	Lap Swim		
10:45-11:40	Aqua Yoga			
11:45-12:25	Open Swim	Lap swim *		
12:30-12:40	Open Swim			
12:45-2:45	Day Camp Swim	Open Swim		
2:50-3:55	Open Swim	Lap Swim		
4:00-5:10	Open Swim	Lane	Lessons	
5:15-6:10	Lessons	Water Walking w/ Instruction		
6:15-7:00	Lane	Lessons		
7:05-8:00	Aqua Fit II			
8:05-9:00	Lane	Aqua Yoga *		
9:05-9:45	Lap Swim	Water Walking		

Friday	Lane 1	Lane 2	Lane 3	Lane 4
5:15-6:10	Lap Swim			
6:15-7:40	Lap Swim	Water Walking		
7:45-8:40	Aqua Fit II			
8:45-9:05	Open Swim			
9:10-9:55	Lessons	Lane	Open	
10:00-10:55	Silver Splash			
11:00-11:55	Water Walking w/ Instruction *			
12:00-12:40	Lane	Arthritis Class		
12:45-5:55	Open Swim	Lap Swim *		
6:00-9:00	Aqua Fun			
9:05-9:45	Lap Swim	Water Walking		

Wednesday	Lane 1	Lane 2	Lane 3	Lane 4
5:15-6:00	Lap Swim			
6:00-6:45	Masters Swim			
6:50-7:40	Lap Swim	Water Walking		
7:45-8:40	Aqua Fit II			
8:45-9:10	Open Swim			
9:15-9:55	Lap Swim	Water Walking		
10:00-10:55	Silver Splash *			
11:00-11:55	Water Walking w/ Instruction			
12:00-12:40	Lane	Arthritis Class *		
12:45-2:45	Day Camp Swim	Open Swim		
2:50-4:55	Open	Lap Swim		
5:00-5:55	Open Swim	Lap Swim		
6:00-8:00	Lessons			
8:05-9:45	Open Swim	Lap Swim		

Saturday	Lane 1	Lane 2	Lane 3	Lane 4
7:00-8:15	Lap Swim			
8:20-8:55	Masters Swim			
9:00-12:25	Lessons			
12:30-1:55	Open Swim	Lap Swim		
2:00-5:00	Aqua Fun			
5:05-5:45	Open Swim	Lap Swim		

Sunday	Lane 1	Lane 2	Lane 3	Lane 4
9:00-10:25	Lap Swim	Open		
10:30-11:25	Water Walking			
11:30-12:25	Masters Swim			
12:30-5:45	Open Swim	Lap Swim		

585-247-3501 or www.westsideymca.org
 For most up to date schedule
 Lifeguard may change the schedule as needed
 subject to change

*Deep End is open



We build strong kids, strong families, strong communities.

On the following dates, lap swim will be cancelled from 12:45-2:45pm to accommodate camp: July 24, July 31, Aug 7 and Aug 28

Westside YMCA Family Fun Pool Schedule (small pool)

Summer Session- June 29 - September 6, 2009

Monday	Time	Activity
5:15-10:05	Open Swim	
10:10-10:45	Camp	
10:50-12:40	Open Swim	
12:45-2:45	Camp	
2:50-5:20	Open Swim	
5:25-8:00	Lessons	
8:00-9:45	Open Swim	

Tuesday	Time	Activity
5:15-10:30	Open Swim	
10:30-12:10	Lessons	
12:10-12:40	Open Swim	
12:45-2:45	Camp	
2:50-3:55	Open Swim	
4:00-5:45	1/2 Open	
5:45-9:45	Open Swim	

Wednesday	Time	Activity
5:15-10:05	Open Swim	
10:10-10:45	Camp	
10:50-12:40	Open Swim	
12:45-2:45	Camp	
2:50-6:00	Open Swim	
6:00-8:00	Lessons	
8:00-9:45	Open Swim	

*This pool is only open for swimming during Open Swim and Aqua Fun

*One half of this pool is open for Open Swim during times that note "1/2 Open Swim"