

East Belleville Center YMCA 2010 Winter Pool Schedule (effective Jan 19)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim 5:00 - 7:40 am	Lap Swim 5:00-7:40 am	Lap Swim & Swim Team 5:00 - 7:40 am	Lap Swim 5:00 - 7:40 am	Lap Swim & Swim Team 5:00 - 7:40 am	Lap Swim 6:00 - 8:00 am	
Water Walking 7:40 - 8:25 am	Aquacise 7:40 - 8:25 am	Water Walking 7:40 - 8:25 am	Aquacise 7:40 - 8:25 am	Water Walking 7:40 - 8:25 am		
Aquacise 8:30 - 9:15 am	Water Walking & Bobbers 8:30 - 9:15 am	Aquacise 8:30 - 9:15 am	Aqua PLYoChi & Bobbers 8:30 - 9:15 am	Aquacise 8:30 - 9:15 am	Water Aerobics 8:00 - 8:45 am	
Deep Water Aerobics 9:20 - 10:05 am	Deep Water Aerobics 9:20 - 10:05 am	Deep Water Aerobics 9:20 - 10:05 am	Deep Water Aerobics 9:20 - 10:05 am	Deep Water Aerobics 9:20 - 10:05 am	Swim Lessons 9:00 - 9:45 am	
Arthritis 10:10 - 10:55 am	Arthritis 10:10 - 10:55 am	Arthritis 10:10 - 10:55 am	Arthritis 10:10 - 10:55 am	Arthritis 10:10 - 10:55 am	Swim Lessons 10:00 - 10:45 am	
Open Swim 11:00 - 11:45 am	Swim Lessons 11:00 - 11:45 am	Swim Lessons/PLYoChi 11:00 - 11:45 am	Swim Lessons 11:00 - 11:45 am	Aqua PLYoChi 11:00 - 11:50 am	Swim Lessons & YOSI Swim Team 11:00 - 11:45 am	
Lap Swim 12:00 - 12:55 pm	Lap Swim 12:00 - 12:55 pm	Lap Swim 12:00 - 12:55 pm	Lap Swim 12:00 - 12:55 pm	Lap Swim 12:00 - 12:55 pm	Lap Swim (3 lanes) Swim Team (3 lanes) 12:00 - 12:55 pm	
Open Swim* 1:00 - 4:00 pm	Swim Lessons* 1:00 - 3:00 pm Open Swim* 3:00 pm - 4:00 pm	Open Swim* 1:00 - 4:00 pm	Open Swim* 1:00 - 4:00 pm	Open Swim* 1:00 - 4:00 pm	Open Swim* & Splash Parties 1:00 - 5:45 pm	Lap Swim 12:00 - 12:55 pm Swim Lessons* 1:15 - 2:45 pm
YOSI Swim Team 4:00 - 6:00 pm (No lap swim)	Aqua Natal / Deep Water Aerobics 6:00 - 6:45 pm (no lap lanes available)	YOSI Swim Team 4:00 - 6:00 pm (No lap swim)	Aqua Natal / Deep Water Aerobics 6:00 - 6:45 pm (no lap lanes available)	Swim Lessons & YOSI Swim Team 4:00 - 6:15 pm		Open Swim & Splash Parties 3:00 - 5:45 pm
YOSI Swim Team & Swim Lessons 6:00 - 6:45 pm	Swim Lessons 6:30 - 7:15 pm (no lap lanes available)	YOSI Swim Team & Swim Lessons 6:00 - 6:45 pm	Swim Lessons 6:30 - 7:15 pm (no lap lanes available)		*Shading is no lap swim*	
Water Aerobics & YOSI Swim Team 7:00 - 7:45 pm	Water Aerobics* & Swim Lessons 7:15 - 8:15 pm	Deep Water/Aqua Aerobics & YOSI Swim Team 7:00 - 7:45 pm	Water Aerobics* & Swim Lessons 7:15 - 8:15 pm	Open Swim, SCUBA, & Splash Parties 6:00 - 8:45 pm *1st Friday Family Night *3rd Friday parent's night out		
YOSI Swim Team 7:45 - 8:30 pm		YOSI Swim Team 7:45 - 8:30 pm				
Open Swim* 8:00 - 9:00 pm	Open Swim* 8:15 - 9:00 pm	Open Swim* 8:00 - 9:00 pm	Open Swim* 8:15 - 9:00 pm			
Lap Swim 9:00 - 9:45 pm	Lap Swim 9:00 - 9:45 pm	Lap Swim 9:00 - 9:45 pm	Lap Swim 9:00 - 9:45 pm			
Y Closes at 10:00 pm	Y Closes at 10:00 pm	Y Closes at 10:00 pm	Y Closes at 10:00 pm	Y Closes at 9:00 pm	Y Closes at 6:00 pm	Y Closes at 6:00 pm

* Indicates Lap Lane might be available, but never guaranteed