



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# AQUATICS

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:00am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
6:15am	Adult Fitness Class	Open Swim	Adult Fitness Class	Open Swim	Adult Fitness Class
7:00am	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim
8:00am	Adult Fitness Class	Adult Fitness Class	Adult Fitness Class	Adult Fitness Class	Adult Fitness Class
9:00am	Adult Fitness Class	Adult Fitness Class	Adult Fitness Class	Adult Fitness Class	Open Swim
10:00am	Young at Heart	Young at Heart	Open Swim	Young at Heart	Open Swim
10:45am	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim
11:45am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
1:30pm	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim
3:00pm	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim
4:10pm	Adult Fitness Class	Open Swim	Adult Fitness Class	Open Swim	Open Swim
5:15pm	Adult Fitness Class	Adult Fitness Class	Adult Fitness Class	Adult Fitness Class	Adult Fitness Class
6:15pm	Lap Swim	Lap Swim\ Swim Lessons	Lap Swim	Lap Swim	Lap Swim
7:00pm	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Open Swim
8:15pm	Adult Fitness Class/Open swim	Open Swim	Adult Fitness Class/Open swim	Open Swim	Open Swim
9:00pm	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim
11:00pm	CLOSING	CLOSING	CLOSING	CLOSING	CLOSING

TIME	SATURDAY	TIME	SUNDAY
6:00am	Lap Swim	12:00noon	Lap swim
8:00am	Adult Fitness Class	2:00pm	Open swim
9:00am	Swim Lessons	8:00pm	CLOSING
11:30am	Lap Swim		
1:00pm	Open Swim		
8:00pm	CLOSING		

Pick up a new flyer at the service desk or watch the bulletin board & web site at [www.ymcaminot.org](http://www.ymcaminot.org) for schedule changes