

Jamestown YMCA Pool Schedule January 3, 2010 - April 1, 2010

Edit Date: December 31, 2009



	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	Sun.
Lap Swim <i>UPPER</i> *Continuous Swimming Required	6:00-8:30am 11:00-12:00 4:45-6:00	6:00-8:30 am 11:30-1:00 4:45-6:00	6:00-8:30 am 11:00-12:00 4:45-6:00	6:00-8:30 11:30-1:00 4:45-6:00	6:00-8:30 am 11:00-12:00 4:45-7:00	7:15-2:00 One lane at all times	1:15-2:15
Water Exercise <i>Lower</i>	8:30-9:15am 12:00-12:45	10:45-11:30	8:30-9:15 am 10:45-11:30 12:00-12:45	8:30-9:15 am 10:45-11:30	Noon-12:45		1:15-2:15
Poolates <i>Lower</i> Silver Splash Water Exercise	10:45-11:30	8:30-9:15am			8:30-9:15am		
Power Hour <i>Lower</i> Water exercise		7:00-8:00 pm		7:00-8:00 pm			
Adapted Aquatics <i>Upper</i>	7:00-8:00	Participants with disabilities are welcome to join this fun program every Monday from 7:00-8:00 in the upper pool. A lift is available. \$2 a participant, no charge for aides					
Open Swim <i>Lower</i>	4:45-5:15 7:00-8:30	4:45-5:15	4:45-5:15	4:45-5:15			2:30-4:30
Open Swim <i>Upper</i>		7:30-8:30 pm	7:30-8:30 pm			12:15-2:30	
Family Swim <i>Both</i>		All patrons under 16 must be accompanied by parent or guardian			7:00-9:00 pm		

For Swim Lesson Times please refer to the Winter 2010 brochure.

This schedule supersedes all others and is subject to change.



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We build strong kids, strong families, strong communities.

