

**Peninsula Family YMCA Pool Schedule 2009 - Effective December 1st, 2009**

| Monday  | Tuesday   | Wednesday  | Thursday  | Friday   | Saturday   | Sunday  |
|---|---|--|---|--|--|---|
| Lap Swim (6)<br>Program Water Walking (1)<br>5:30 - 6:30  |   |  |   |  |  |   |
| Lap Swim (6)<br>Arthritis Program (1)<br>6:30 - 7:15  | Lap Swim (6)<br>Water Walking Class (1)<br>6:30 - 7:15  | Lap Swim (6)<br>Arthritis Program (1)<br>6:30 - 7:15   | Lap Swim (6)<br>Water Walking Class (1)<br>6:30 - 7:15  | Lap Swim (6)<br>Arthritis Program (1)<br>6:30 - 7:15                     |  |   |
| Lap Swim (6)<br>Program Water Walking (1)<br>7:15 - 8:55  |   |  |   |  | Lap Swim (6)<br>Water Walking (1)<br>7:00 - 8:25<br><i>No recreation swim</i>                | Water Walking (1)<br>Lap Swim (6)<br>8:00 - 8:55            |
| Aqua Aerobics (5)<br>Adult Lap (2)<br>9:00 - 9:55   |   |  |   |  | Aqua Aerobics(5)<br>Adult Lap Swim (2)   |   |
| Water Walking (1)<br>LapSwim (4)<br>Recreation Swim (2)<br>10:00 - 11:00                                      | Swim lessons (2)<br>10:00 - 11:55<br>LapSwim (4)<br>Recreation Swim (1)<br>10:00 - 10:30                      | Water Walking (1)<br>LapSwim (4)<br>Recreation Swim (2)<br>10:00 - 11:00                     | Swim lessons (2)<br>10:00 - 11:55<br>LapSwim (4)<br>Recreation Swim (1)<br>10:00 - 10:30                      | Water Walking (1)<br>LapSwim (4)<br>Recreation Swim (2)<br>10:00 - 11:00 | 8:30 - 9:25<br><i>No recreation Swim</i>   | Aqua Aerobics (5)<br>Adult Lap Swim (2)<br>9:00 - 9:55      |
| Adult Lap swim (4)<br>Arthritis Program(3)<br>11:00 - 12:00   | Aqua Pump(2)<br>10.30-11.30   | Adult Lap swim (4)<br>Arthritis Program(3)<br>11:00 - 12:00                                  | Aqua Pump(2)<br>10.30-11.30   | Adult Lap swim (4)<br>Arthritis Program(3)<br>11:00 - 12:00              | Swim Team (2)<br>Lap Swim (3)<br>Parent Child (2)<br>9.30-10.30<br><i>No recreation Swim</i> | Program (1)<br>Lap Swim (3)<br>Rec Swim (3)<br>10.00 - 7.00 |
| Lap Swim(1)<br>Masters (5)<br>Recreation Swim (1)<br>12:00 - 1:00   | Pre/Post Natal (2)<br>Recreation Swim (1)<br>Lap (4)<br>11:30 - 12:15   | Lap Swim(1)<br>Masters (5)<br>Recreation Swim (1)<br>12:00 - 1:00                            | Pre/Post Natal (2)<br>Recreation Swim (1)<br>Lap (4)<br>11:30 - 12:15   | Lap Swim(1)<br>Masters (4)<br>Recreation Swim (2)<br>12:00 - 1:00        | Lap (2)<br>Swim Lessons (5)<br>10:30 - 1.30<br>1/2 recreation Swim                           |   |
| Lap Swim(4)<br>Lessons (1)<br>Rec Swim (2)<br>1.00-1.55   | Lap Swim(4)<br>Lessons (1)<br>Rec Swim (2)<br>12.15-1.55  | Lap Swim(4)<br>Lessons (1)<br>Rec Swim (2)<br>1.00-1.55                                      | Lap Swim(4)<br>Lessons (1)<br>Rec Swim (2)<br>12.15-1.55  | Lap Swim(4)<br>Lessons (1)<br>Rec Swim (2)<br>1.00-1.55                  | Program (1)<br>Lap Swim (3)<br>Rec Swim (3)<br>1.30 - 7:00                                   |   |
| Lap Swim (4)<br>Arthritis Foundation Aquatic Program (2)<br>Swim lessons (1)<br>2.00 - 3.00                   |   |  |   |  |  |   |
| Lap Swim (4)<br>Swim lessons (1)<br>Rec Swim (2)<br>3.00 - 3.30   |   |  |   |  |  |   |
| Swim Lessons (4)<br>Swim Team (3)<br>3:30 - 5:55  | Swim Lessons (4)<br>Lap Swim (3)<br>3:30 - 5:55   | Swim Lessons (4)<br>Swim Team (3)<br>3:30 - 5:55   | Swim Lessons (4)<br>Lap Swim (3)<br>3:30 - 5:55   | Swim Lessons (4)<br>Swim Team (3)<br>3:30 - 5:55                         |  |   |
| <b>No lap swim</b><br>1/2 recreation swim   | 1/2 recreation Swim   | <b>No lap swim</b><br>1/2 recreation swim  | 1/2 recreation Swim   | <b>No lap swim</b><br>1/2 recreation swim                                |  |   |
| Aqua Aerobics (4)<br>Adult Lap Swim (3)<br>(no children under 13)<br>6:00 - 6:55<br><i>No recreation swim</i> | Aqua Aerobics (4)<br>Adult Lap Swim (3)<br>(no children under 13)<br>6:00 - 6:55<br><i>No recreation swim</i> | Aqua Pump Class(2)<br>Swim Lessons (4)<br>Lap Swim (1)<br>1/2 recreation swim<br>6:00 - 8:10 | Aqua Aerobics (4)<br>Adult Lap Swim (3)<br>(no children under 13)<br>6:00 - 6:55<br><i>No recreation swim</i> | Lap Swim (3)<br>Aqua Pump Class(2)<br>Recreation Swim (2)<br>6:00 - 6:55 |  |   |
| Lap Swim (2)<br>Masters (4)<br>Recreation Swim (1)<br>7:00 - 8:00   | Swim Lessons (4)<br>Lap Swim (3)<br>7:00 - 8:25<br>1/2 recreation swim  | Lap Swim (5)<br>Recreation Swim (2)<br>8:15 - 10:00  | Lap Swim (2)<br>Masters (4)<br>Recreation Swim (1)<br>7:00 - 8:00   | Lap Swim (5)<br>Recreation Swim (2)<br>7:00 - 10:00                      |  |   |
| Lap Swim (5)<br>Recreation Swim (2)<br>8:00 - 10:00   | Lap (5)<br>Recreation swim (2)<br>8:30 - 10:00  |  | Lap Swim (5)<br>Recreation Swim (2)<br>8:00 - 10:00   |  |  |   |

**Schedule Subject To Change**

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