

Peninsula Family YMCA Pool Schedule 2009 - Effective July 1, 2010

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

Schedule Subject To Change

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