



Legacy YMCA Indoor Pool Aquatic Schedule Spring 2016

Time:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 am-8:15 am	Free & Lap Swim	Free & Lap Swim	Free & Lap Swim	Free & Lap Swim	Free & Lap Swim	Closed Opens @ 8:00 am	Opens @ 1:00 pm
8:15 am-9:00 am	Free & Lap Swim	Free & Lap Swim	Free & Lap Swim	Free & Lap Swim	Free & Lap Swim	Baby and Me Lessons Begin March 6th	Pool Closed
9:00 am-10:00 am	Aquacise w/Ollie @ 9:00 am No Lap Swim	Aquacise w/Ollie @ 9:00 am No Lap Swim	Aquacise w/Ollie @ 9:00 am No Lap Swim	Aquacise w/Ollie @ 9:00 am No Lap Swim	Aquacise w/Ollie @ 9:00 am No Lap Swim	Arthritis Class w/ Judy, Bethany, Julia, or Christin	Pool Closed
10:00 am-11:00 am	Arthritis Class w/ Linda @ 10:00 am No Lap Swim	Arthritis Class w/ Linda @ 10:00 am No Lap Swim	Arthritis Class w/ Linda @ 10:00 am No Lap Swim	Arthritis Class w/ Linda @ 10:00 am No Lap Swim	Arthritis Class w/ Linda @ 10:00 am No Lap Swim	Ages 3-5 Group Swim Lessons	Pool Closed
11:00 am-12:00 pm	Aquacise/ Core Dynamics w/Sarah @ 11:00 am No Lap Swim	Free & Lap Swim	Aquacise/ Core Dynamics w/Sarah @ 11:00 am No Lap Swim	Free & Lap Swim	Free & Lap Swim	Ages 6-12 Group Swim Lessons	Pool Closed
12:00 pm-1:00 pm	Free & Lap Swim	Free & Lap Swim	Free & Lap Swim	Free & Lap Swim	Free & Lap Swim	Free & Lap Swim	Pool Closed
1:00 pm-4:30 pm	Free & Lap Swim	Free & Lap Swim	Free & Lap Swim	Free & Lap Swim	Free & Lap Swim	Free & Lap Swim	Pool Opens @ 1:00 pm
4:30 pm-5:30 pm	Free & Lap Swim	Free & Lap Swim	Free & Lap Swim	Free & Lap Swim	Free & Lap Swim	Pool Closes @ 4:30 pm	Pool Closes @ 4:30 pm
5:30 pm-7:15 pm	Group Swim Lessons	Free & Lap Swim	Group Swim Lessons	Free & Lap Swim	Free & Lap Swim	Pool Closed	Pool Closed
6:00 pm-7:00 pm	Deep Water R&R w/Julia @ 6:00 pm No Lap Swim	Aquacise/ Core Dynamics w/Sarah @ 6:00pm No Lap Swim	Deep Water R&R w/Julia @ 6:00 pm No Lap Swim	Aquacise/ Core Dynamics w/Sarah @ 6:00pm No Lap Swim	Free & Lap Swim	Pool Closed	Pool Closed
7:00 pm-8:30 pm	Free & Lap Swim Closes@ 8:30pm	Free & Lap Swim Closes@ 8:30pm	Free & Lap Swim Closes@ 8:30pm	Free & Lap Swim Closes@ 8:30pm	Free & Lap Swim Closes@ 8:30pm	Closes@ 4:30pm	Closes@ 4:30pm

Note: Schedule is subject to change for swim lessons, or special events and lap lanes may be taken out for large group classes.

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