	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00						YMCA CLOSED	YMCA CLOSED
6:30							
7:00							
7:30							
8:00	Water Ex. 7:45 - 8:45 am	Water Ex. 7:45 - 8:45 am	Water Ex. 7:45 - 8:45 am	Water Ex. 7:45 - 8:45 am	Water Ex. 7:45 - 8:45 am	Water Ex. 7:45 - 8:45 am	
8:30							
8:45		Adapted Exercise		Adapted Exercise			
9:00	9-10:15 P/C & pre-school class		9-10:15 P/C & pre-school class		Water Walking 845-1100		
9:30		KCC 9:30-10:00 / Aqua power hr.		KCC 9:30-10:00 / Aqua power hr.		Swimming Lessons 9:30 - 12:00 am	
10:00							
10:15	Arthritis Exercise 10:15-11:00	Arthritis Exercise 10:15-11:00	Arthritis Exercise 10:15-11:00	Arthritis Exercise 10:15-11:00			
10:30							
11:00	Aqua-aerobics 11:00-12:00	Open Swim 11:00-1:00	Aqua-aerobics 11:00-12:00	Open Swim 11:00-1:00	Aqua-aerobics 11:00-12:00		
11:30						Porpoise Club 11-12:30	
12:00	Open 12:00-1		Open 12:00-1		Open 12-1:00		
12:30							
1:00	Fountain of Youth 1:00-2:00	1-1:30Glass Lessons 1:45-2:30	Fountain of Youth 1:00-2:00	1-1:30Glass Lessons 1:45-2:30	Fountain of Youth 1:00-2:00		
1:30						OPEN SWIM 1:30-5:30	OPEN SWIM 1:30-5:30
2:00							
2:30	Kids Crew	Open Swim 2:30-4:45	Kids Crew	Open Swim 2:30-4:45	Open Swim 2:30-4:15		
3:00							
3:15	Open Swim 3:15-4:45		Open Swim 3:15-4:45				
3:30							
4:00		Lessons 4:00-4:40		Lessons 4:00-4:40	KCC Swim 4:15-5:30		
4:30							
4:45	Swimming Lessons 4:45-5:25	Swimming Lessons 4:45-5:25	Swimming Lessons 4:45-5:25	Swimming Lessons 4:45-5:25			
5:00							
5:30						YMCA CLOSED	YMCA CLOSED
5:45	Porpoise Club 5:30-6:30	Water Ex 5:30 - 6:30	Porpoise Club 5:30-6:30	Water Ex 5:30 - 6:30	Water Ex 5:30 - 6:30		
6:00							
6:15							
6:30	Lessons 630-710	Project Starfish	Lessons 630-710	Project Starfish			
7:00							
7:15	Open Swim 7:15-9:30 PM / adult lesson 715-8	Aqua-Rock 7:15-8:15	Open Swim 7:15-9:30 PM / adult lesson 715-8	Aqua-Rock 7:15-8:15	Open Swim 6:30-9:30		
7:30							
7:45							
8:00							
8:15		Open Swim 8:15-9:30		Open Swim 8:15-9:30			
8:30							
9:00							
9:30	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED		
9:45							

Empty Squares Designate
Lap Swim

March 2nd - May 31st

Schedule subject to change without notice.