

Birmingham YMCA Summer Pool Schedule June 21-September 2, 2010

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------------------------------------|------------------------------|-----------------------------------|------------------------------|-----------------------------------|----------------------------------|--------------------------|
| Adult Lap Swim 5:45-8:55 | | | | | Lap Swim 6:00-7:55am | |
| | | | | | Deep Water Exercise 8:00-9:00 | |
| Deep Water Exercise 9:00-10:00 | Water Exercise 9:00-10:00 | Deep Water Exercise 9:00-10:00 | Water Exercise 9:00-10:00 | Deep Water Exercise 9:00-10:00 | Swim Lesson 9:00-11:30 | |
| Swim Lessons 10-10:45 | | | | | | |
| Camp Lincoln 10:55-11:25 | | | | | | |
| Adult Lap 11:30-1:25 | Adult Lap 11:30-1:00 | Adult Lap 11:30-1:00 | Adult Lap 11:30-1:00 | Adult Lap 11:30-1:25 | | |
| Camp 1:30-3:00 | AOA Lap 1:00-1:55 | AOA 1:00-1:55 | AOA Lap 1:00-1:55 | Camp 1:30-3:00 | Adult Lap 12:00-1:30 | Lap Swim 12:30-2:30 |
| | Camp 2:00-3:00 | Staff 2:00-3:00pm | Camp 2:00-3:00 | | Family Swim 1:30-4:30 | Family Swim 2:30-5:00 |
| Arthritis Class 3:00-4:00 | Novice Team 3:00-4:00 | Arthritis Class 3:00-4:00 | Novice Team 3:00-4:00 | Arthritis Class 3:00-4:00 | Family Swim 4:00-7:00 | *No Lap Lane |
| Swim Lessons 4:00-5:45 | | | | | | |
| Family Swim 5:45-6:45 | Family Swim 5:45-6:30 | Family Swim 5:45-6:45 | Family Swim 5:45-6:30 | | | |
| Water Ex 6:45-7:45 | Swim Lessons 6:30-7:15 | Water Ex 6:45-7:45 | Swim Lessons 6:30-7:15 | | | |
| Family Swim 7:45-8:30 | Family Swim 7:15-8:30 | Family Swim 7:45-8:45 | Deep Water 7:30-8:30 | | | |
| Adult Lap 8:45-9:45 | Adult Lap 8:30-9:30 | Adult Lap 8:45-9:45 | Adult Lap 8:30-9:30 | | | |



YMCA

We build strong kids,
strong families, strong communities.