

**Birmingham YMCA  
Winter II  
Pool Schedule  
March 1-May 3, 2010**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Lap 5:45-8:55					Adult Lap 5:45-7:55am	
					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 Lessons	
	Swim Lessons 10:00-11:30	Swim Lessons 10:00-11:30	Swim Lessons 10:00-11:30	Swim Lessons 10:00-11:30		
Adult Lap 11:30-2:00					9:00-12:55	Competitive Swim Practice 10:00-2:00
AOA Lap 2:00-3:15	Swim Lessons 2:00-2:30	AOA Lap 2:00-3:15	Swim Lessons 2:00-2:30	AOA Lap 2:00-3:15	Adult Lap 1:30-3:30	Adult Lap 2:00-3:30
AOA Fitness 3:15-4:00	AOA Lap 2:45-4:00	AOA Fitness 3:15-4:00	AOA Lap 2:45-4:00	AOA Fitness 3:15-4:00		Family Swim 3:30-5:00
Swim Lessons 4:30-5:15	Family Swim 4:00-5:00pm	Swim Lessons 4:30-5:15	Family Swim 4:00-5:00pm	Swim Lessons 4:00-5:45		<b>*No Lap Lane available</b>
5:30-7:30pm Swim Team	Swim Lessons 5:00-8:00	Family Swim 5:30-6:45	Swim Lessons 5:00-8:00	Family Lap 6:00-7:00pm	Family Swim 3:30-5:30	
Water Exercise 7:35-8:20		Water Exercise 6:45-7:30		Family Swim 7:15-8:30		
Adult Lap 8:25-9:30	Family Swim 8:00-9:00	Family Swim 7:30-8:30	Family Swim 8:00-8:45	Family Swim 7:15-8:30		
	Adult lap 9:00-9:45	Adult Lap 8:30-9:30	Adult Lap 8:45-9:30			



YMCA

We build strong kids,  
strong families, strong communities.