



# Aquatics Schedule

January 4 – April 30, 2010

Lap Pool	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	Open Swim 6:00a-4:15p	Open Swim 6:00a-10:00a	Open Swim 6:00a-4:15p	Open Swim 6:00a-10:00a	Open Swim 6:00a-10:00a	Open Swim 6:00a-4:15p	Open Swim 8:00a-9:30a	Open Swim 10:00a-4:45p
		Deep Water Fitness 10:00a-11:00a 2 Lanes Open					Deep Water Fitness 10:00a-11:00a 2 Lanes Open	
		Swim Team 4:15p-5:30p 1 Lane Open	Open Swim 11:00a-5:30p	Swim Team 4:15p-5:30p 1 Lane Open	Open Swim 11:00a-5:30p		Swim Team 4:15p-5:30p 1 Lane Open	
	Open Swim 5:30p-6:00p	Swim Lessons 5:30p-6:15p 3 Lanes Open	Open Swim 5:30p-6:00p	Swim Lessons 5:30p-6:15p 3 Lanes Open	Open Swim 5:30p-9:45p			
	Shallow Water Fitness 6:00p-7:00p 2 Lanes Open	Open Swim 6:15p-9:45p	Shallow Water Fitness 6:00p-7:00p 2 Lanes Open	Open Swim 6:15p-9:45p				
	Open Swim 7:00p-9:45p		Open Swim 7:00p-9:45p					

\*Schedule may vary slightly due to special events and programming.\*

Family Pool	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Family Swim 8:00a-10:00a	Family Swim 8:00a-5:30p	Family Swim 8:00a-10:00a	Family Swim 8:00a-5:30p	Family Swim 8:00a-10:00a	Family Swim 8:00a-9:30a	Family Swim 10:00a-4:45p
	CDC Swim 10:00a-11:00a Shallow Closed		CDC Swim 10:00a-11:00a Shallow Closed		Swim Lessons 10:00a-11:00a Shallow Closed	Swim Lessons 9:30a-12:15p Limited Open Swim	
	Silver Sneakers 11:00a-12:00p Deep Closed		Silver Sneakers 11:00a-12:00p Deep Closed		Silver Sneakers 11:00a-12:00p Deep Closed		
	Family Swim 12:00p-8:30p		Family Swim 12:00p-2:00p		Family Swim 12:00p-8:30p	Family Swim 12:15p-4:45p	
			Home School 2:00p-3:00p Deep Closed				
		Swim Lessons 5:30p-6:15p Limited Open Swim	Family Swim 3:00p-8:30p	Swim Lessons 5:30p-6:15p Limited Open Swim			
	Family Swim 6:15p-8:30p	Family Swim 6:15p-8:30p					

For more information about our programs or schedules, please call 313-309-9622 ext. 3019, email Aquatics Director Nikole Saffle at [NSaffle@ymcametrodetroit.org](mailto:NSaffle@ymcametrodetroit.org), or visit our website at [www.ymcadetroit.org](http://www.ymcadetroit.org).