



YMCA

We build strong kids,  
strong families, strong communities.

# Carls Family YMCA Training Pool Schedule

(See Lap Pool schedule on back)

2010  
February 1-February 28  
Revised#

| Monday  | Tuesday                                    | Wednesday                                  | Thursday   | Friday                                     | Saturday  | Sunday                                       |
|---|--|--|--|--|---|--|
| <b>Adults Only Jets on</b><br>6a-8:30a            | <b>Adults Only Jets on</b><br>6a-9:10a     | <b>Adults Only Jets on</b><br>6a-8:30a     | <b>Adults Only Jets on</b><br>6a-9:10a                               | <b>Adults Only Jets on</b><br>6a-9:10a     | <b>Adults Only Jets on</b><br>7a-9a   | <b>Adults Only Jets on</b><br>10a-12p        |
| ** Gentle Exercise<br>8:30a-9:30a                 | * Swim Lessons only<br>9:30a-10:35a        | ** Gentle Exercise<br>8:30a-9:30a          | * Swim Lessons only<br>9:30a-10:35a                                  | ** Gentle Exercise<br>9:15a-10:15a         | #Swim Lessons<br>9a-1p  | #Adults (no jets) and swim lessons<br>12p-1p |
| ** Gentle Exercise<br>9:30a-10:30a                |  | ** Gentle Exercise<br>9:30a-10:30a         |  | ** Gentle Exercise<br>9:15a-10:15a         | #Swim Lessons<br>9a-1p  | #Adults (no jets) and swim lessons<br>12p-1p |
| * Swim Lessons only<br>10:40a -12:20p             | Open Swim<br>10:35a -1230p                 | * Swim Lessons only<br>10:40a -12:20p      | Open Swim<br>10:35a -1230p (plus<br>*preschool swim lesson @ 11:30a) | **Hydro Circuit cool down<br>10:15a-10:30p | #Open Swim<br>1p-5:30p  | #Open Swim<br>1p-5:30p                       |
| <b>Adults only Jets on</b><br>12:30p-1:30p        | <b>Adults only Jets on</b><br>12:30p-1:30p | <b>Adults only Jets on</b><br>12:30p-1:30p | <b>Adults only Jets on</b><br>12:30p-1:30p                           | ** Silver Splash<br>10:30a-11:30a          | <b>PLEASE REMEMBER THAT IT IS REQUIRED TO TAKE A SHOWER BEFORE ENTERING THE POOLS. ALSO, THERE ARE NO STROLLERS, OUTDOOR OR TENNIS SHOES ALLOWED ON THE POOL DECK, NO EXCEPTIONS.</b> |  |
| Open Swim<br>1:30p-2:45p                          | ** Silver Splash<br>1:30p-2:30p            | Open Swim<br>1:30p-2:45p                   | Open Swim<br>1:30p-2:45p   | Open Swim<br>11:30a-12:30p                 |   |  |
| Pool closed<br>2:45p-4p                           | Pool closed<br>2:45p-4p                    | Pool closed<br>2:45p-4p                    | Pool closed<br>2:45p-4p  | Adults only Jets on<br>12:30p-1:30p        |   |  |
| Open Swim<br>4p-8:15p                             | * Swim Lessons<br>4p-650p                  | Open Swim<br>4p-8:15p                      | * Swim Lessons<br>4p-6:15p   | #Open Swim/swim lessons<br>1:30p-2:45p     |   |  |
| <b>Adults Only Jets on</b><br>8:15p-9:30p         | Open Swim<br>650p-9:30p                    | <b>Adults Only Jets on</b><br>8:15p-9:30p  | ** Silver Splash<br>6:15p-7:15p                                      | Pool closed<br>2:45p-4p                    |   |  |
| <b>THE POOL IS SUBJECT TO UNANNOUNCED CHANGE!</b> |  |  | Open Swim<br>7:15p-9:30p   | Open Swim<br>4p-8:30p                      |   |  |

\*These classes must be registered for at the front desk before you may attend.

\*\*These classes are free to facility members. Program members can attend any water exercise class by purchasing a “water exercise punch card” at the front desk.

**Weather policy:** For your safety, the pool will close during thunderstorms for 20 minutes past the last spotted lightening bolt. Please feel free to call ahead before coming, but as weather in Michigan can be wacky, we thank you in advance for your understanding if the pool is closed upon arrival.