



We build strong kids,
strong families, strong communities.

Carls Family YMCA Training Pool Schedule

(See Lap Pool schedule on back)

2010
February 28-April 25

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adults Only Jets on 6a-8:30a	Adults Only Jets on 6a-9:10a	Adults Only Jets on 6a-8:30a	Adults Only Jets on 6a-9:10a	Adults Only Jets on 6a-9:10a	Adults Only Jets on 7a-9a	Adults Only Jets on 10a-12p
** Gentle Exercise 8:30a-9:30a	* Swim Lessons only 9:30a-10:35a	** Gentle Exercise 8:30a-9:30a	* Swim Lessons only 9:30a-10:35a	** Gentle Exercise 9:15a-10:15a	Swim Lessons 9a-1p	Adults (no jets) and swim lessons 12p-1p
** Gentle Exercise 9:30a-10:30a		** Gentle Exercise 9:30a-10:30a		** Hydro Circuit cool down 10:15a-10:30p		
* Swim Lessons only 10:40a -11:15a	Open Swim 10:35a -1230p	* Swim Lessons only 10:40a -12:20p	Open Swim 10:35a -1230p (plus *preschool swim lesson @ 11:30a)	Open Swim 1p-5:30p	Open Swim 1p-5:30p	Open Swim 1p-5:30p
Open Swim 11:15a -1230p						
Adults only Jets on 12:30p-1:30p	Adults only Jets on 12:30p-1:30p	Adults only Jets on 12:30p-1:30p	Adults only Jets on 12:30p-1:30p	** Silver Splash 10:30a-11:30a	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.	
Open Swim 1:30p-2:45p	** Silver Splash 1:30p-2:30p	Open Swim 1:30p-2:45p	Open Swim 1:30p-2:45p	Open Swim 11:30a-12:30p		
Pool closed 2:45p-4p	Pool closed 2:45p-4p	Pool closed 2:45p-4p	Pool closed 2:45p-4p	Adults only Jets on 12:30p-1:30p		
Open Swim 4p-8:15p	* Swim Lessons 4p-650p	Open Swim 4p-8:15p	* Swim Lessons 4p-6:15p	Open Swim/swim lessons 1:30p-2:45p		
Adults Only Jets on 8:15p-9:30p	Open Swim 650p-9:30p	Adults Only Jets on 8:15p-9:30p	** Silver Splash 6:15p-7:15p	Pool closed 2:45p-4p		
THE POOL IS SUBJECT TO UNANNOUNCED CHANGE!			Open Swim 7:15p-9:30p	Open Swim 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.