

**South Oakland Family YMCA
Pool Schedule
January 4 – April 1, 2010**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
530 - 8:55 AM	Lap Swim 5 lanes	Lap Swim 5 lanes	Lap Swim 5 lanes	Lap Swim 5 lanes	Lap Swim 5 lanes	Pool opens at 7 Lap Swim 5 lanes	Pool opens at 10a
9:00 – 10:00	Water Ex. Class No lanes	Family Swim No lanes	Water Ex. Class No lanes	Family Swim No lanes	Water Ex. Class No lanes	Swim Lessons from 9:00 – 1:30 pm	Lap Swim 10 - 12 5 lanes
10:00 – 11:00	Family Swim No lanes	Tone & Abs Combo No lanes	Family Swim No lanes	Aqua Pilates	Swim Lessons & Family Swim No lanes		
11:00 – 11:15	Guard Break	Guard Break	Guard Break	Guard Break	Guard Break		
11:20 – 12:15 PM	Adult Open Swim 2 lanes	Adult Open Swim 2 lanes	Adult Open Swim 2 lanes	Adult Open Swim 2 lanes	Adult Open Swim 2 lanes	Family Swim 12:15 - 2:15	Fourth Sunday of each month the pool will close @ 2:00p
12:15 – 1:15	Adult Lap Swim 5 lanes	Adult Lap Swim 5 lanes	Adult Lap Swim 5 lanes	Adult Lap Swim 5 lanes	Adult Lap Swim 5 lanes		
1:15 – 1:30	Pool closed for locker room maintenance	Pool closed for locker room maintenance	Pool closed for locker room maintenance	Pool closed for locker room maintenance	Pool closed for locker room maintenance		
1:30 – 2:25	Thera Swim & Arthritis Ex. No lanes	Thera Swim No lanes	Therapeutic Swim & Arthritis Ex. No lanes	Alderbrook School until 3pm	Thera Swim & Arthritis Ex. No lanes	2:15 – 2:30 Guard break	2:30 – 3:45 Family Swim/Adult Lessons 2 lanes
2:30- 3:45	OPEN SWIM 1 lane	OPEN SWIM 1 lane	OPEN SWIM 1 lane	OPEN SWIM starts at 3p 1 lane	OPEN SWIM 1 lane		
3:45 – 4:10	Pool closed for locker room maintenance	Pool closed for locker room maintenance	Pool closed for locker room maintenance	Pool closed for locker room maintenance	Pool closed for locker room maintenance	Family Swim 2:00 -4:30 1 lane	Pool Avail. For Rentals after 6 p.m.
4:20 – 6:00	YPAC Swim Team until 5:50	YPAC Swim Team until 5:50	YPAC Swim Team until 5:50	YPAC Swim Team until 5:50	YPAC Swim Team until 7:00	Lap Swim from 4:45 – 5:45 5 lanes	
6:00 – 8:15	Swim Lessons No lanes	Swim Lessons No lanes	Members Family Swim 6:00-7:30	Swim Lessons No lanes	7:15pm Community Swim, Family Swim and Youth Night No lanes	Pool Avail. For Rentals after 6 p.m.	
	Water Exercise at 7:30 – 8:15 No lanes	Swim Club No lanes 6:45-7:30	Water Exercise at 7:30 – 8:15 No lanes	Swim Club No lanes 6:45-7:30			
8:30- 9:15	Lap Swim 5 lanes 8:30-10:15	Guard Break 8:15-8:30	Lap Swim 5 lanes 8:30-10:15	Guard Break 8:15-8:30	Lap Swim 5 lanes	Lap Swim 5 lanes	
		Open Swim 8:30 – 9:15 2 lanes		Open Swim 8:30 – 9:15 2 lanes			
9:15- 10:15		Lap Swim 5 lanes		Lap Swim 5 lanes	Lap Swim 5 lanes		

Winter I January 4 – February 21
Winter II February 22 – April 1
(Easter Weekend April 2, 3, 4)