

Waynesboro YMCA Pool Schedule
January - March 2012

time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday						
5:30	LAPSWIM	LAPSWIM	LAP SWIM	LAPSWIM	LAPSWIM	Closed	Pool Hours: Monday -Friday 5:30am-9:00pm Saturday 12-6 pm and Sunday 1-6 pm						
6:00													
6:30													
7:00													
7:15													
8:00													
8:15								H2O Aerobics	Silver Sneakers	H2O Aerobics	Silver Sneakers	H2O Aerobics	SMAC
9:00								Range of Motion	Swim Lessons	Range of Motion	Swim Lessons	Range of Motion	Swim Lessons
9:15								Swim Lessons	Open	Berkley Glenn	Swim Lessons	Swim Lessons	
9:30								Open	Open	Pre-K	Open	Open	
10:00	Pre-K	Noon Aerobics	Pre-K	Pre-K	Pre-k								
10:30	Swim Lessons	Swim Lessons	Noon Aerobics	Noon Aerobics	Noon Aerobics								
11:00	Open	Swim Lessons	Happy Ducks	Swim Lessons	Happy Ducks	Adaptive Lessons							
12:00	Happy Ducks	Open	Open	Open	After School	Swim Lessons							
1:00	Open	After School	Open	Open	After School	SMAC							
2:00	Open	Swim Lessons	Open	Swim Lessons	Swim Lessons	PC							
3:00	Open	SMAC	Open	Swim Lessons	Swim Lessons	PC							
3:30	Open	SMAC	Open	Swim Lessons	Swim Lessons	PC							
4:00	Open	SMAC	Open	Swim Lessons	Swim Lessons	PC							
4:30	Open	SMAC	Open	Swim Lessons	Swim Lessons	PC							
4:45	Open	SMAC	Open	Swim Lessons	Swim Lessons	PC							
5:00	Open	SMAC	Open	Swim Lessons	Swim Lessons	PC							
5:15	Open	SMAC	Open	Swim Lessons	Swim Lessons	PC							
5:30	Open	SMAC	Open	Swim Lessons	Swim Lessons	PC							
6:00	Open	SMAC	Open	Swim Lessons	Swim Lessons	PC							
6:15	Open	SMAC	Open	Swim Lessons	Swim Lessons	PC							
6:30	Open	SMAC	Open	Swim Lessons	Swim Lessons	PC							
7:00	Open	SMAC	Open	Swim Lessons	Swim Lessons	PC							
7:30	Open	SMAC	Open	Swim Lessons	Swim Lessons	PC							
8:00	Open	SMAC	Open	Swim Lessons	Swim Lessons	PC							
8:15	Open	SMAC	Open	Swim Lessons	Swim Lessons	PC							
8:30	Evening Water Aerobics	Open	Open	Evening Water Aerobics	Open	Open							
9:00	Open	Open	Open	Open	Open	Open							