

Waynesboro YMCA Schedule February 6th - April 30th 2012

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday			
5:30	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	SMAC	Pool Hours: M-F 5:30am-2:00pm, 4:00pm-9:00pm; Saturday 12:00pm-6:00pm; Sunday 1:00pm - 6:00pm			
6:00			Masters							
6:30										
7:00										
7:30										
8:00										
8:30	H2O Aerobis 8:15-9:15									
9:00	Range of Motion 9:15-10:00	Silver Sneakers 9:00am - 10:00am	H2O Aerobis 8:15-9:15	Silver Sneakers 9:00am - 10:00am	Lap Swim	H2O Aerobis 8:15-9:15		Swim Lessons		
9:30			Range of Motion 9:15-10:00		Range of Motion 9:15-10:00					
10:00										
10:30	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim					
11:00										
11:30	Pre-K	Pre-K	Pre-K	Pre-K	Pre-K					
12:00	Masters									
12:30	Lap Swim	Noon Aerobics	Lap Swim	Noon Aerobics	Lap Swim	Noon Aerobics				
1:00	Lap Swim	Happy Ducks		Happy Ducks		Happy Ducks				
1:30										
2:00	Pool Closed 2:00-4:00 pm	Pool Closed 2:00-4:00 pm	Pool Closed 2:00-4:00 pm	Pool Closed 2:00-4:00 pm	Pool Closed 2:00-4:00 pm	Lap Swim	Open Swim			
2:30										
3:00										
3:30										
4:00	SMAC	SMAC	SMAC	SMAC	SMAC	Lap Swim	Lap Swim			
4:30		SL		SL				SL		
5:00		PC		After School 4:00pm-4:45pm				PC	After School 4:00pm-4:45pm	PC
5:30				Swim Lessons					Swim Lessons	
6:00										
6:30										
7:00										
7:30										
8:00										
8:30	Lap Swim	Evening Aerobics	Lap Swim	Open Swim	Lap Swim	Evening Aerobics	Lap Swim			
9:00				Open Swim		Open Swim				
						Pool Closed	Pool Closed			

Notes: 1. The Waynesboro High School Swim Team will have practice February 7th, 9th, 14th, & 16th from 6:00am-7:00am and use three lap lanes.

2. Four open swim lanes will be closed for a Kayaking group on Sunday February 12th & 26th 3:00pm-5:00pm and March 11th & 26th.