

## Pool Hours March 1, 2010 - March 20, 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Rec Swim 1:00pm - 3:30pm	Lap Swim 5:00am - 7:45am	Lap Swim 5:00am - 8:45am	Lap Swim 5:00am - 7:45am	Lap Swim 5:00am - 8:45am	Lap Swim 5:00am - 7:45am	Lap Swim 7:30am - 10:00am
	Aqua Fitness- Sanndy 8:00am - 8:45am		Aqua Fitness- Sanndy 8:00am - 8:45am		Aqua Fitness- Sanndy 8:00am - 8:45am	Aqua Fitness- Ilka 9:00am - 10:00am
	Deep Water Walking- Sanndy 8:45am - 9:30am		Deep Water Walking- Sanndy 8:45am - 9:30am		Deep Water Walking- Sanndy 8:45am - 9:30am	
	Swim Lessons 9:00am - 10:30am		Swim Lessons 9:00am - 10:30am		Swim Lessons 9:00am - 10:30am	Swim Lessons 9:00am - 10:30am
Lap Swim 3:45pm - 5:30pm	Lap Swim 10:45am - 4:45pm	Lap Swim 10:45am - 2:45pm	Lap Swim 10:45am - 4:45pm	Lap Swim 10:45am - 2:45pm	Lap Swim 9:45am - 6:15pm	Lap Swim 11:30am - 12:45pm
Pool Closes 5:30pm	Lap Swim - 4 Lanes Only 4:45pm - 5:15pm	Rec Swim 3:00pm - 4:45pm Lap Swim- 2 Lanes only 3:00pm - 4:45pm	Lap Swim - 4 Lanes Only 4:45pm - 5:15pm	Rec Swim 3:00pm - 4:45pm Lap Swim- 2 Lanes only 3:00pm - 4:45pm	Rec Swim 6:30pm - 9:15pm	Rec Swim 1:00pm - 3:30pm
	Youth Swim Conditioning 4:45pm - 5:15pm	Lap Swim 5:00pm - 6:15pm	Youth Swim Conditioning 4:45pm - 5:15pm	Lap Swim 5:00pm - 6:15pm		Lap Swim 3:45pm - 6:30pm
	Lap Swim 5:15pm - 6:15pm		Lap Swim 5:15pm - 6:15pm			
	Aqua Fitness- Sally/Ilka 6:30pm - 7:15pm	Aqua Fitness- Sally/Ilka 6:30pm - 7:15pm	Aqua Fitness- Sally/Ilka 6:30pm - 7:15pm	Aqua Fitness- Sally/Ilka 6:30pm - 7:15pm		Pool Closes 6:30pm
	Lap Swim 6:30pm - 9:15pm 2 Lanes only 6:30pm - 7:30pm	Lap Swim 6:30pm - 9:15pm 2 Lanes only 6:30pm - 7:30pm	Lap Swim 6:30pm - 9:15pm 2 Lanes only 6:30pm - 7:30pm	Lap Swim 6:30pm - 9:15pm 2 Lanes only 6:30pm - 7:30pm		
	Pool Closes 9:15pm	Pool Closes 9:15pm	Pool Closes 9:15pm	Pool Closes 9:15pm	Pool Closes 9:15pm	

### Shaded boxes are a change in schedule

- \* The Pool will be closed for Tri Swim Clinic March 1 10:30am - 11:15am & March 2 5:45pm - 6:30pm.
  - \* The Pool & Spa will be closed for Swim Lessons Mon. - Thurs. March 1-12 9am-10:30am & March 15 - 19 9- 9:45am
  - \* The Pool & Spa will be closed March 8 - 12 from 3:00pm - 4:00pm for Boys & Girls Club Swim Lessons.
  - \* Pool will be closed for Tri Training Groups March 29 10:00am - 10:30am & 5:30pm - 6:00pm  
March 30 9:00am - 9:30am, March 31 10:00am - 10:30am & 5:30pm - 6:00pm
- Pool Schedule subject to change. Lifeguard has discretion to change schedule if needed.**

#### Spa Hours

Monday - Friday 5:00am - 9:15pm

Saturday 7:30am - 6:30pm

Sunday 1:00pm - 5:30pm

Pool Schedule available online- [www.smvymca.org](http://www.smvymca.org)



We build strong kids, strong families, strong communities.