

STAUNTON-AUGUSTA YMCA POOL SCHEDULE

November							2009
2 lap lanes are always available for lap swim ONLY. (No family swim during lessons or classes)							
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	5:30AM-9:45PM LAP SWIM	5:30AM-9:45PM LAP SWIM	5:30AM-9:45PM LAP SWIM	5:30AM-9:45PM LAP SWIM	5:30AM-8:45PM LAP SWIM	7:00AM-6:45PM LAP SWIM	
	8:45am-9:45am Aqua-Flex Billie (2, 30) Peggy (9, 23) Christine (16)	9:30am-10:30am Deep Water Peggy (3, 10, 17, 24)	8:45am-9:45am Aqua-Flex Christine (4, 11, 18, 25)	9:30am-10:30am Deep Water Peggy (5, 12, 19) No class (26)	8:45am-9:45am Aqua-Flex Peggy (6, 13, 20) No class (27)	SWIM TEAM 7:30am-8:30am (1 lane)	
	10:00am-11am Aqua Flex Same as above	10:45 - 1:30 Swim Lessons	10:00am-11am Aqua Flex Peggy (4, 18) Christine (11, 25)	10:45 - 12:00 Swim Lessons	10:00am-11am Aqua Flex Same as above	9:15am-1:00 pm Swim Lessons 2 Laps Lanes Open No Family Swim	
1:00pm to 6:45pm Lap Swim Family Swim	11:15am-12pm Range of Motion Carol	10:30am-4:45pm Lap Swim and Family Swim	11:15am-12pm Range of Motion Peggy (4, 18) Billie (11, 25)	10:30am-4:45pm Lap Swim and Family Swim	11:15am-12pm Range of Motion Carol 12pm - 6 pm Lap&Family Swim	12:30pm-6:45pm Lap Swim and Family Swim ***FYI*** There will not be classes on the following times or days. 25th no 6:00 pm 26th CLOSED 27TH no am/pm Pool closes 6:45pm	
	12pm - 6pm Lap Swim and Family Swim		12pm- 6pm Lap Swim and Family Swim		3:45 - 4:45PM Afterschool Kids Swim (20 kids)		
	3:45 - 5:30pm Swim Team (2 lanes)		3:45 - 5:30pm Swim Team (2 lanes)		5 - 5:40 pm Boys&Girls Club (15 kids)		
	6:00pm-7:00pm Splashburner Julie(2,9,16,23) Cindy (30) no family swim	4:45pm-7:30pm Swim Lessons no family swim	6:00pm-7:00pm Splashburner Teresa (4, 18) Cindy (11) No class (25) no family swim	6:00pm-7:00pm Splashburner Cindy (6, 20) Teresa (13) No class (27)			
	7:00pm-9:45pm Lap Swim Family Swim	7:30pm-9:45pm Lap Swim Family Swim	7:00pm-9:45pm Lap Swim Family Swim	no family swim			
	7:30 - 8:30 pm Swim Team (2 lanes)	7:30 - 8:30 pm Swim Team (2 lanes)	7:30 - 8:30 pm Swim Team (2 lanes)	7:30 - 8:30 pm Swim Team (2 lanes)			
	Pool closes 9:45pm	Pool closes 9:45pm	Pool closes 9:45pm	Pool closes 9:45pm			
	Pool closes 9:45pm	Pool closes 9:45pm	Pool closes 9:45pm	Pool closes 8:45pm			
	Pool closes 6:45pm	Pool closes 9:45pm	Pool closes 9:45pm	Pool closes 8:45pm			
	BIRTHDAY PARTIES IN THE POOL CAN BE SCHEDULED ON: Fridays 7 - 9pm Saturdays 2 - 6pm Sundays 2 - 6pm						
INSTRUCTORS ARE SUBJECT TO CHANGE* There is no Family Swim during classes or swim lessons.							