

# Baierl Family YMCA Indoor Pool Schedule

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
6:00 AM								6:00 AM
6:30 AM		Masters Swim Team	Open Swim	Masters Swim Team	Open Swim	Masters Swim Team		6:30 AM
7:00 AM		6:00 AM- 7:30 AM	6:00 AM- 8:00 AM	6:00 AM- 7:30 AM	6:00 AM- 8:00 AM	6:00 AM- 7:30 AM	Open Swim	7:00 AM
7:30 AM							7:00 AM- 8:00 AM	7:30 AM
8:00 AM		Y Water Fitness	Y Water Fitness	Y Water Fitness	Y Water Fitness	Y Water Fitness	Swim Lessons 8:00 AM- 12:05 PM  <i>(1 Lane available during swim lessons begins at 9:00 AM)</i>	8:00 AM
8:30 AM		8:00 AM- 9:00 AM	8:00 AM- 9:00 AM	8:00 AM- 9:00 AM	8:00 AM- 9:00 AM	8:00 AM- 9:00 AM		8:30 AM
9:00 AM		Aqua Boot Camp	Deep Cardio Combo		Deep Cardio Combo	Aqua Boot Camp		9:00 AM
9:30 AM		9:15 AM- 10:15 AM	9:15 AM- 10:15 AM		9:15 AM- 10:15 AM	9:15 AM- 10:15 AM		9:30 AM
10:00 AM		Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons 10:00 AM- 12:45 PM		10:00 AM
10:30 AM		10:00 AM- 11:10 AM	10:00 AM- 11:10 AM	10:00 AM- 11:10 AM	10:00 AM- 11:10 AM		10:30 AM	
11:00 AM							11:00 AM	
11:30 AM		Open Swim	Open Swim	Open Swim	Open Swim		11:30 AM	
12:00 PM		11:10 AM- 1:30 PM	11:10 AM- 1:30 PM	11:10 AM- 1:30 PM	11:10 AM- 1:30 PM		12:00 PM	
12:30 PM							12:30 PM	
1:00 PM							1:00 PM	
1:30 PM	Open Swim	Swim Lessons	Swim Lessons	Swim Lessons	Homeschool Swim	Open Swim	1:30 PM	
2:00 PM	11:00 AM- 5:45 PM	1:30 PM- 2:40 PM	1:30 PM- 2:40 PM	1:30 PM- 2:40 PM	Lessons	12:45 PM- 3:30 PM	2:00 PM	
2:30 PM					1:30 PM- 3:15 PM		2:30 PM	
3:00 PM			Open Swim		Open Swim	Baierl Family YMCA	Open Swim	3:00 PM
3:30 PM		Baierl Family YMCA	2:40 PM- 5:30 PM	Baierl Family YMCA	2:40 PM- 5:30 PM	Swim Team Practice	12:05 PM- 6:45 PM	3:30 PM
4:00 PM		Swim Team Practice		Swim Team Practice		3:30 PM- 5:15 PM		4:00 PM
4:30 PM		3:30 PM- 5:30 PM	Aqua Jog 5:00 PM-5:45 PM	3:30 PM- 5:30 PM	Aqua Jog 5:00 PM-5:45 PM	(5 Lanes)		4:30 PM
5:00 PM		(5 Lanes)	Swim Lessons	(5 Lanes)	Swim Lessons			5:00 PM
5:30 PM		Swim Lessons	5:30 PM- 6:15 PM	Swim Lessons	5:30 PM- 6:00 PM	Monster Float Fest		5:30 PM
6:00 PM		5:30 PM- 7:00 PM	Finning 6:00 PM- 6:30 PM	5:30 PM- 7:05 PM	Finning 6:00 PM- 6:30 PM	5:30 PM- 7:30 PM		6:00 PM
6:30 PM		Deep Cardio Combo	Deep Water Fitness		Deep Water Fitness			6:30 PM
7:00 PM		6:15 PM- 7:15 PM	6:30 PM- 7:30 PM		6:30 PM- 7:30 PM			7:00 PM
7:30 PM			Baierl Family YMCA	Open Swim	Baierl Family YMCA			7:30 PM
8:00 PM		Open Swim	Swim Team Practice	7:05 PM- 8:45 PM	Swim Team Practice	Open Swim		8:00 PM
8:30 PM		7:15 PM- 8:45 PM	7:30 PM- 9:00 PM		7:30 PM- 9:00 PM	7:15 PM- 8:45 PM		8:30 PM
9:00 PM								9:00 PM
9:30 PM								9:30 PM
10:00 PM								10:00 PM

\* During swim lesson and aqua aerobic times open swimming is prohitid, however there will be **AT LEAST** 1 lap lane open for adult (18 and over) circle swim **ONLY**.

**\*NEW!!!** During YMCA Swim Team practice times there will be **AT LEAST** 1 lap lane open for adult (18 and over) circle swim **ONLY**. *Begins September 21, 2009*

\*Due to inclement weather and/or program changes the Baierl Family YMCA staff reserve the right to change the schedule at anytime.

# YAQUATICS™

We build strong kids, strong families, strong communities.

Begins January 4, 2010