

YMCA OF McDONOUGH COUNTY

Pool Schedule #4

January 8 - January 14, 2012

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:3-9	XXXXXXXXXX XXXXXXXXXX XXXXXXXXXX	Adult Swim 5:30 – 9:00	Adult Swim 5:30 – 9:00	Adult Swim 5:30 - 9:00	Adult Swim 5:30 - 9:00	Adult Swim 5:30 - 9:00	XXXXXXXXXX Adult Swim 6:00-9:00
9-10	XXXXXXXXXX XXXXXXXXXX XXXXXXXXXX	Waterobics 9:00 – 10:00	XXXXXXXXXX XXXXXXXXXX XXXXXXXXXX	Waterobics 9:00 – 10:00	XXXXXXXXXX XXXXXXXXXX XXXXXXXXXX	Waterobics 9:00 – 10:00	XXXXXXXXXX XXXXXXXXXX XXXXXXXXXX
10-11	XXXXXXXXXX XXXXXXXXXX XXXXXXXXXX	XXXXXXXXXX XXXXXXXXXX XXXXXXXXXX	XXXXXXXXXX XXXXXXXXXX XXXXXXXXXX	XXXXXXXXXX XXXXXXXXXX XXXXXXXXXX	XXXXXXXXXX XXXXXXXXXX XXXXXXXXXX	XXXXXXXXXX XXXXXXXXXX XXXXXXXXXX	XXXXXXXXXX XXXXXXXXXX XXXXXXXXXX
11-12	XXXXXXXXXX XXXXXXXXXX XXXXXXXXXX	XXXXXXXXXX XXXXXXXXXX XXXXXXXXXX	XXXXXXXXXX XXXXXXXXXX XXXXXXXXXX	XXXXXXXXXX XXXXXXXXXX XXXXXXXXXX	XXXXXXXXXX XXXXXXXXXX XXXXXXXXXX	XXXXXXXXXX XXXXXXXXXX XXXXXXXXXX	XXXXXXXXXX XXXXXXXXXX XXXXXXXXXX
12-1	Adult Swim 12:00-1:00	Adult Swim 11:30 – 1:00	Adult Swim 11:30 – 1:00	Adult Swim 11:30 – 1:00	Adult Swim 11:30 – 1:00	Adult Swim 11:30 – 1:00	Adult Swim 11:30 – 1:00
1-2	Family Swim 1:00 – 3:00	Open Swim 1:00 - 1:30	Open Swim* 1:00-5:00	Open Swim 1:00 - 1:30	Open Swim* 1:00-5:00	Open Swim 1:00 - 1:30	Open Swim* 1:00-5:00
2-3		Water Workout 1:30 – 2:30		Senior Swim Time** 1:30 – 2:30		Water Workout 1:30 – 2:30	
3-4	Open Swim 3:00 – 5:00	Open Swim* 2:30 – 3:30		Open Swim* 2:30 – 3:30		Swim Team 3:30 – 5:15	
4-5		Swim Team 3:30-5:15					
5-6	XXXXXXXXXX XXXXXXXXXX XXXXXXXXXX	Adult Swim 5:15-6:00	Adult Swim 5:00 -6:00	Adult Swim 5:15 – 6:00	Adult Swim 5:00 -6:00	Adult Swim 5:00 -6:00	Adult Swim 5:00 -6:00
6-7	XXXXXXXXXX XXXXXXXXXX XXXXXXXXXX	Open Swim* 6:00-9:00	Open Swim* 6:00-9:00	Open Swim* 6:00-9:00	Open Swim* 6:00-9:00	Swim Team 6:00-8:00	XXXXXXXXXX XXXXXXXXXX XXXXXXXXXX XXXXXXXXXX XXXXXXXXXX XXXXXXXXXX XXXXXXXXXX XXXXXXXXXX XXXXXXXXXX XXXXXXXXXX
7-8	XXXXXXXXXX XXXXXXXXXX XXXXXXXXXX					Open Swim* 8:00-9:00	
8-9	XXXXXXXXXX XXXXXXXXXX XXXXXXXXXX						
9-10	XXXXXXXXXX XXXXXXXXXX XXXXXXXXXX	Adult & Family 9:00 – 10:00	Adult & Family 9:00 – 10:00	Adult & Family 9:00 – 10:00	Adult & Family 9:00 – 10:00	Adult & Family 9:00 – 10:00	XXXXXXXXXX XXXXXXXXXX XXXXXXXXXX XXXXXXXXXX XXXXXXXXXX XXXXXXXXXX XXXXXXXXXX XXXXXXXXXX XXXXXXXXXX XXXXXXXXXX

****Senior Swim Time** (not a class) - this offers the senior population the entire pool (w/ lap lane). Non-member fee: \$4

*Open Swim – qualified swimmers under the age of 14 may swim laps w/ permission from the Aquatic Director.

Please . . .help keep the pool safe and contaminate-free by following these simple rules:

- Children under the age of 8 are required to be accompanied in the water by a responsible adult/guardian.
- No flotation suits allowed in the deep end or for a swim lesson.
- Always shower before entering pool.
- Wear only shoes dedicated to the pool or have bare feet on the pool deck.
- Only toys and flotation devices provided by the YMCA are allowed in the pool.
- Only swimsuits allowed in pool – no street clothes.