

YMCA OF McDONOUGH COUNTY

Winter Pool Schedule

January 15 – March 3, 2012

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
5:30 - 9	XXXXXXXXXX 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	Waterobics 9:00 – 10:00	Waterobics 9:00 – 10:00	Waterobics 9:00 – 10:00	Waterobics 9:00 – 10:00	Aqua-Fit 9:00-9:45	
10-11	XXXXXXXXXX XXXXXXXXXX XXXXXXXXXX	Lessons 10:00 – 11:00	Lessons 10:00 – 11:00	Lessons 10:00 – 11:00	Lessons 10:00 – 11:00	Rentals 10:00 – 11:30	Lessons 9:45 – 11:30	
11-12	XXXXXXXXXX XXXXXXXXXX XXXXXXXXXX	Adult Swim 11:00 – 1:00	Adult Swim 11:00 – 1:00	Adult Swim 11:00 – 1:00	Adult Swim 11:00 – 1:00			Adult Swim 11:30 – 1:00
12-1	Adult Swim 12:00-1:00							
1-2	Family Swim 1:00 – 3:00	Open Swim 1:00 – 1:30	Open Swim 1:00 – 1:30	Open Swim 1:00 – 1:30	Open Swim 1:00 – 1:30	Open Swim 1:00 – 1:30	Open Swim* 1:00 – 5:00	
2-3		Water Workout Senior Swim** 1:30 – 2:30	Arthritis 1:30 – 2:30	Water Workout Senior Swim** 1:30 – 2:30	Arthritis 1:30 – 2:30	Water Workout Senior Swim** 1:30 – 2:30		
3-4		Open Swim* 3:00 – 5:00	Open Swim* 2:30 – 3:30	Open Swim* 2:30 – 3:30	Open Swim* 2:30 – 3:30	Open Swim* 2:30 – 3:30		Open Swim* 2:30 – 5:00
4-5	Swim Team 3:30-5:15		Lessons 3:30 – 5:15	Swim Team 3:30 – 5:15	Lessons 3:30 – 5:15			
5-6	Adult Swim 5:00 – 6:00	Adult Swim 5:15 -6:00	Adult Swim 5:15 -6:00	Adult Swim 5:15 -6:00	Adult Swim 5:15 -6:00	Adult Swim 5:00 – 6:00		Adult Swim 5:00 – 6:00
6-7	XXXXXXXXXX XXXXXXXXXX XXXXXXXXXX	Lessons 6:00 – 7:00	Lessons 6:00 – 7:00	Lessons 6:00 – 7:00	Lessons 6:00 – 7:00	Swim Team 6:00 – 8:00	XXXXXXXXXX XXXXXXXXXX XXXXXXXXXX	
7-8	XXXXXXXXXX XXXXXXXXXX XXXXXXXXXX	Open Swim* 7:00 – 9:00	Aqua-Fit 7:15-8:00	Open Swim* 7:00 – 9:00	Aqua-Fit 7:15-8:00		Open Swim* 8:00-9:00	XXXXXXXXXX XXXXXXXXXX XXXXXXXXXX
8-9	XXXXXXXXXX XXXXXXXXXX XXXXXXXXXX		Open Swim* 8:00 – 9:00		Open Swim* 8:00-9:00			Open Swim* 8:00-9:00
9-10	XXXXXXXXXX XXXXXXXXXX XXXXXXXXXX	Adult and Family Swim 9:00 – 10:00	Adult and Family Swim 9:00 – 10:00	Adult and Family Swim 9:00 – 10:00	Adult and Family Swim 9:00 – 10:00	Adult and Family Swim 9:00 – 10:00	XXXXXXXXXX XXXXXXXXXX XXXXXXXXXX	

*Open Swim – qualified swimmers under the age of 14 may swim laps in Lane 5 during these times. Contact Cindy Cavett, Aquatic Director, to learn how you may become eligible.

**SeniorSwim – Seniors are welcome to take the Water Workout class, swim laps, or use the deep end of the pool.

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.