

## Downtown Springfield YMCA - Aquatics

### Pool Schedule : Effective April, 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	Lap Swim 5:30am-10am	Lap Swim 5:30am-10am	Lap Swim 5:30am-10am	Lap Swim 5:30am-10am	Lap Swim 5:30am-10am	Lap Swim 7am-9:45am	
Open Swim Lap Swim 8am-3:30pm	Open Swim 7am-10am	Open Swim 7am-10am	Open Swim 7am-10am	Open Swim 7am-10am	Open Swim 7am-10am	<b>Pool Closed for Swim Lesson 9:45am-1:30pm</b>	
	Arthritis with Carol 10am-11am	SR/Open 9am-10am	Arthritis with Carol 10am-11am	SR/Open 9am-10am	Arthritis with Carol 10am-11am		
	Water Fitness with Art 11am-12pm	Open Swim Lap Swim 11:15am-9:30pm	Water Fitness with Art 11am-12pm	<b>Home School 11:30am-1:30pm</b>	Water Fitness with Art 11am-12pm	Open Swim Lap Swim 1:30pm-4:30pm	
	Open Swim Lap Swim 12pm-2pm		Open Swim Lap Swim 12pm-2pm		<b>Open Swim 1:30pm - 4:30pm</b>		Open Swim Lap Swim 12pm-2pm
	Arthritis with Art 2pm-3pm		Arthritis with Art 2pm-3pm	Arthritis with Art 2pm-3pm			
	Open Swim Lap Swim 3pm-4:30pm	Open Swim Lap Swim 3pm-5:30pm	<b>POOL CLOSED FOR SWIM LESSONS 4:30PM-8PM</b>	Open Swim Lap Swim 3pm-5:30pm			
	<b>POOL CLOSED FOR SWIM LESSONS 4:30pm-7:15pm</b>	Hydro-Fit with Tyger 5:30pm-6:30pm		Aqua Zumba 5:30pm-6:30pm			
	Water Aerobics 7:30pm-8:30pm	Water Resist with Art 6:30pm-7:30pm		Open Swim 8pm-9:30pm	<b>POOL CLOSSES @ 7:30PM</b>		
	Open Swim Lap Swim 8:30pm-9:30pm	Open Swim Lap Swim 7:30pm-9:30pm					
			<b>POOL CLOSED FOR YMCA PROGRAMS</b>				