



YMCA of Greater Springfield

Downtown Springfield YMCA Family Center- Aquatics

Pool Schedule : Effective November ,2018

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-8:45am
Open Swim Lap Swim 8am-3:30pm	Open Swim 7am-10am	Open Swim 7am-9am	Open Swim 7am-10am	Open Swim 7am-9am	Open Swim 7am-10am	Pool Closed for Swim Lesson 9:45am-12:30pm
	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	Scoop 9:30am-11am	Water Fitness with Art 11am-12pm	Scoop 9:30am-11am	Water Fitness with Art 11am-12pm	Open Swim Lap Swim 12:30pm-3:30pm
	Open Swim Lap Swim 12pm-2pm		Open Swim Lap Swim 12pm-2pm	Open Swim Lap Swim 10am-4:30pm	Open Swim Lap Swim 12pm-2pm	
	Arthritis with Art 2pm-3pm	Open Swim Lap Swim 10am-8:30pm	Arthritis with Art 2pm-3pm	POOL CLOSED FOR SWIM LESSONS 4:30PM-8PM	Arthritis with Art 2pm-3pm	
	Open Swim Lap Swim 3pm-4:30pm		Open Swim Lap Swim 3pm-6:30pm		Open Swim Lap Swim 3pm-5:30pm	
	POOL CLOSED FOR SWIM LESSONS 4:30pm-7:15pm		Fusion with Lisa 6:30pm-7:30pm		Aqua Zumba with Lisa 5:30pm-6:30pm	
	Open Swim Lap Swim 7:30pm-8:30pm		Open Swim Lap Swim 7:30pm-8:30pm	Open Swim 8pm-8:30pm	Open 6:30-8:30pm	

Pool closed for YMCA PROGRAMS