

# CAMPANELLI YMCA POOL SCHEDULE - FALL 2017



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday						
5:00am	<b>Lap Swim</b> 5am-9:45pm	<b>Lap Swim</b> 5am-9:45pm	<b>Lap Swim</b> 5am-9:45pm	<b>Lap Swim</b> 5am-9:45pm	<b>Lap Swim</b> 5am-9:45pm	<b>Open at 7:00am</b>							
6:00am													
6:15am													
6:30am								<b>Up and At 'Em!</b> 6:15am-7am	<b>Up and At 'Em!</b> 6:15am-7am				
7:00am													
7:30am								<b>PiYoChi</b> 8am-9am	<b>Up and At 'Em!</b> 8:30am-9:30am	<b>Hydrocize</b> 9am-10am	<b>Up and At 'Em!</b> 8:30am-9:30am	<b>Lap Swim</b> 7am-6:45pm	<b>Lap Swim</b> 7am-5:45pm
8:00am													
8:30am	<b>Up and At 'Em!</b> 8:30am-9:30am	<b>Deep Water Dynamics</b> 8:30am-9:30am	<b>Up and At 'Em!</b> 8:30am-9:30am	<b>Deep Water Dynamics</b> 8:30am-9:30am									
9:00am	<b>Up and At 'Em!</b> 8:30am-9:30am	<b>Hydrocize</b> 9am-10am	<b>Up and At 'Em!</b> 8:30am-9:30am	<b>Deep Water Dynamics</b> 8:30am-9:30am									
9:15am	<b>Hydrocize</b> 9am-10am	<b>Hydrocize</b> 9am-10am	<b>Up and At 'Em!</b> 8:30am-9:30am	<b>Deep Water Dynamics</b> 8:30am-9:30am									
9:30am	<b>Deep Water Dynamics</b> 9:30am-10:30am	<b>Deep Water Dynamics</b> 9:30am-10:30am	<b>Hydrocize</b> 9am-10am	<b>Deep Water Dynamics</b> 9:30am-10:30am	<b>Boot Camp</b> 9:30am-10:30am								
10:00am	<b>Rusty Hinges (55+)</b> 10:30am-11:30am	<b>Rusty Hinges (55+)</b> 10:30am-11:30am	<b>Hydrocize</b> 9am-10am	<b>Rusty Hinges (55+)</b> 10:30am-11:30am	<b>Swim Lessons (3 Lanes)</b> 9am-12:15pm	<b>Up and At 'Em!</b> 9am-10am							
10:30am	<b>Family Swim</b> 12pm-6pm	<b>Family Swim</b> 12pm-6pm	<b>Family Swim</b> 12pm-6pm	<b>Family Swim</b> 12pm-6pm	<b>Family Swim</b> 12pm-9:45pm	<b>Family Swim</b> 12:30pm-6:45pm	<b>Family Swim</b> 12:30pm-5:45pm						
11:00am													
11:30am													
12:00pm													
12:15pm													
12:30pm													
1:00pm													
1:30pm													
2:00pm													
2:30pm													
3:00pm													
3:30pm													
4:00pm													
4:30pm													
5:00pm	<b>Swim Lessons (2 Lanes)</b> 5pm-7:15pm	<b>Swim Lessons (2 Lanes)</b> 5pm-8:15pm	<b>Swim Lessons (3 Lanes)</b> 5pm-7:15pm	<b>Swim Lessons (2 Lanes)</b> 5pm-8:15pm	<b>Hydrocize</b> 6:30pm-7:30pm	<b>Hydrocize</b> 6:30pm-7:30pm	<b>Pool Closes</b> 5:45pm						
5:30pm													
5:45pm													
6:00pm													
6:30pm													
6:45pm													
7:00pm													
7:15pm	<b>Hydrocize</b> Coming late Oct. 2017	<b>Hydrocize</b> 6:30pm-7:30pm	<b>Hydrocize</b> Coming late Oct. 2017	<b>Hydrocize</b> 6:30pm-7:30pm	<b>Pool Closes</b> 6:45pm								
7:30pm	<b>Family Swim</b> 7:30pm-9:45pm	<b>Family Swim</b> 7:30pm-9:45pm	<b>Family Swim</b> 7:30pm-9:45pm	<b>Family Swim</b> 7:30pm-9:45pm	<b>Family Swim</b> 7:30pm-9:45pm	<b>Family Swim</b> 7:30pm-9:45pm	<b>Pool Closes</b> 6:45pm						
8:00pm													
8:30pm													
9:00pm													
9:30pm													
9:45pm													
9:45pm													

Pool Closes at 9:45pm Monday - Friday

\*Water Punch Cards are required for all water aerobics classes highlights in light gray.

**PLEASE NOTE:** There will be NO OPEN FAMILY SWIM during water aerobics classes. Please see lifeguard for any questions.