

# CAMPANELLI YMCA

## POOL SCHEDULE - WINTER 2017-18



	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> *Returning Spring 2018	<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	<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>Hydrocize</b> 9am-10am	<b>Deep Water Dynamics</b> 9:30am-10:30am	<b>Hydrocize</b> 9am-10am	<b>Deep Water Dynamics</b> 9:30am-10:30am	<b>Deep Water Dynamics</b> 8:30am-9:30am	<b>Up and At 'Em!</b> 9am-10am							
9:00am														
9:15am	<b>Deep Water Dynamics</b> 9:30am-10:30am	<b>Hydrocize</b> 9am-10am	<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	<b>Up and At 'Em!</b> 9am-10am							
9:30am														
10:00am	<b>Rusty Hinges (55+)</b> 10:30am-11:30am	<b>Hydrocize</b> 9am-10am	<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	<b>Up and At 'Em!</b> 9am-10am							
10:30am														
11:00am	<b>Rusty Hinges (55+)</b> 10:30am-11:30am	<b>Hydrocize</b> 9am-10am	<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>Swim Lessons (2 Lanes)</b> 9am-12:15pm							
11:30am														
12:00pm	<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-6pm	<b>Family Swim</b> 12:30pm-6:45pm	<b>Family Swim</b> 12:30pm-5:45pm							
12:15pm														
12:30pm														
1:00pm														
1:30pm														
2:00pm														
2:30pm														
3:00pm	<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>Swim Lessons (2 Lanes)</b> 5pm-8:15pm	<b>Swim Lessons (3 Lanes)</b> 9am-12:15pm	<b>Swim Lessons (2 Lanes)</b> 9am-12:15pm							
3:30pm														
4:00pm														
4:30pm														
5:00pm														
5:30pm														
5:45pm														
6:00pm	<b>Hydrocize*</b> 6:30pm-7:30pm *Coming January 2018	<b>Hydrocize</b> 6:30pm-7:30pm	<b>Hydrocize*</b> 6:30pm-7:30pm *Coming January 2018	<b>Hydrocize</b> 6:30pm-7:30pm	<b>Hydrocize</b> 6:30pm-7:30pm	<b>Swim Lessons (3 Lanes)</b> 9am-12:15pm	<b>Swim Lessons (2 Lanes)</b> 9am-12:15pm							
6:30pm														
6:45pm	<b>Hydrocize*</b> 6:30pm-7:30pm *Coming January 2018	<b>Hydrocize</b> 6:30pm-7:30pm	<b>Hydrocize*</b> 6:30pm-7:30pm *Coming January 2018	<b>Hydrocize</b> 6:30pm-7:30pm	<b>Hydrocize</b> 6:30pm-7:30pm	<b>Swim Lessons (3 Lanes)</b> 9am-12:15pm	<b>Swim Lessons (2 Lanes)</b> 9am-12:15pm							
7:00pm														
7:15pm	<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>Swim Lessons (3 Lanes)</b> 9am-12:15pm	<b>Swim Lessons (2 Lanes)</b> 9am-12:15pm							
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8:00pm	<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>Swim Lessons (3 Lanes)</b> 9am-12:15pm	<b>Swim Lessons (2 Lanes)</b> 9am-12:15pm							
8:30pm														
9:00pm														
9:30pm														
9:45pm	<b>Pool Closes at 9:45pm Monday - Friday</b>					<b>Pool Closes 6:45pm</b>	<b>Pool Closes 5:45pm</b>							

\*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.