


# Kosciusko Community YMCA

## Winter 2012 Pool Schedule (January 3-April 1)


### Main Pool

	MON	TUES	WED	THUR	FRI	SAT	SUN
<b>5:00 AM</b>							
<b>6:00 AM</b>	Lap Swim (4 Lap Lanes) 5:30-7:30	Lap Swim (4 Lap Lanes) 5:30-9:30	Lap Swim (4 Lap Lanes) 5:30-7:30	Lap Swim (4 Lap Lanes) 5:30-9:30	Lap Swim (4 Lap Lanes) 5:30-7:30		
<b>7:00 AM</b>	Movers and Groovers 7:30-8:30		Movers and Groovers 7:30-8:30		Movers and Groovers 7:30-8:30		
<b>8:00 AM</b>						Lap Swim (4 Lap Lanes) 7:30-9:00	
<b>9:00 AM</b>	Lap Swim (4 Lap Lanes) 8:30-10:30	Rental/Lap 9:30-11:30	Lap Swim (4 Lap Lanes) 8:30-10:30	Rental/Lap 9:30-11:30	Lap Swim (4 Lap Lanes) 8:30-10:30	Aqua Fit/ Lessons 9:00-10:00	
<b>10:00 AM</b>	Tone & Fit 10:30-11:30		Tone & Fit 10:30-11:30		Tone & Fit 10:30-11:30	Lessons (2 Lap Lanes) 10:00-11:00	
<b>11:00 AM</b>	Lap Swim (4 Lap Lanes) 11:30-1:30					Lap Swim (4 Lap Lanes) 11:00-1:00	
<b>12:00 PM</b>							
<b>1:00 PM</b>						Rental/Open 1:00-2:00	Lap Swim (4 Lap Lanes) 1:30-2:30
<b>2:00 PM</b>	Lessons 1:30-3:00 (2 Lap Lanes)	Closed 1:30-3:00	Lessons 1:30-3:00 (2 Lap Lanes)	Closed 1:30-3:00	Closed For Cleaning 1:30-3:30	Family Swim (2 Lap Lanes) 2:00-5:00	Family Swim (2 Lap Lanes) 2:30-5:00
<b>3:00 PM</b>	Swim Team Ends March 5 3:00-5:00	Swim Team Ends March 6 3:00-5:00	Swim Team Ends March 7 3:00-5:00	Open Swim (2 Lap Lanes) 3:00-5:00	Family Swim (2 Lap Lanes) 3:30-6:00		
<b>4:00 PM</b>							
<b>5:00 PM</b>	Open Swim 5:00-5:30 (2 Lap Lanes)	Lessons (2 Lap Lanes) 5:00-6:00	Hydro Extreme 5:00-6:00	Lessons (2 Lap Lanes) 5:00-6:00	Rental/Open 6:00-8:30		
<b>6:00 PM</b>	Lessons (1 Lap Lane) 5:30-7:30	Shallow & Deep Aerobics 6:00-7:00	Lessons (1 Lap Lane) 6:00-7:30	Shallow & Deep Aerobics 6:00-7:00			
<b>7:00 PM</b>	Open Swim (2 Lap Lanes) 7:30-8:30	Open Swim (2 Lap Lanes) 7:00-8:30	Open Swim (2 Lap Lanes) 7:30-8:30	Open Swim (2 Lap Lanes) 7:00-8:30			
<b>8:00 PM</b>							
<b>Schedule is subject to change with little notice, if necessary.</b>							
Areas in grey indicate limited Lap swim.							
Areas in dark grey indicate no Open/Lap swim available.							
Areas in light grey indicate possible Rentals/Lessons. Please contact the Y before coming in.							

	Open Sauna Hours						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:30a.m.-8:30p.m.	5:30a.m.-1:30p.m.	5:30a.m.-8:30p.m.	5:30a.m.-1:30p.m.	5:30a.m.-1:30p.m.	7:30a.m.-5:00p.m.	1:30-5:00p.m.
		3:00-8:30p.m.		3:00-8:30p.m.	3:00-8:30p.m.		

# Kosciusko Community YMCA Winter 2012 Pool Schedule (January 3-April 1)

## Warm Water Pool

	MON	TUES	WED	THUR	FRI	SAT	SUN
5:00 AM	Water Walking 5:30-8:30					Water Walking 7:30-9:00	
6:00 AM							
7:00 AM							
8:00 AM	Open Swim 8:30-9:00	Joyful Joints 8:30-9:30	Open Swim 8:30-10:30	Joyful Joints 8:30-9:30	Open Swim 8:30-9:30	Lessons 9:00-11:00	
9:00 AM	Lessons 9:00-10:30	Rental/Open 9:30-11:30		Rental/Open 9:30-11:30	Silver Splash 9:30-10:30		
10:00 AM	Women in Action 10:30-11:30		Women in Action 10:30-11:30		Women in Action 10:30-11:30		
11:00 AM	Water Walking 11:30-1:30					Water Walking 11:00-1:00	
12:00 PM							
1:00 PM						Lessons/Open 1:30-3:00	
2:00 PM	Water Walking 3:00-5:00	Water Walking 3:30-5:00	Water Walking 3:00-5:00	Water Walking 3:30-5:00	Water Walking 3:30-5:00	Family Swim 2:00-5:00	Family Swim 2:30-5:00
3:00 PM							
4:00 PM	Lessons 5:00-7:30	Open Swim 5:00-6:00	Lessons 5:00-7:30	Open Swim 5:00-6:00	Family Swim 5:00-6:00		
5:00 PM		Lessons 6:00-7:30		Lessons 6:00-7:30	Rental/Open 6:00-7:00		
6:00 PM			Family Swim 7:00-8:30				
7:00 PM		Family Swim 7:30-8:30	Family Swim 7:30-8:30	Family Swim 7:30-8:30	Family Swim 7:30-8:30		
8:00 PM	Family Swim 7:30-8:30	Family Swim 7:30-8:30	Family Swim 7:30-8:30	Family Swim 7:30-8:30	Family Swim 7:00-8:30		
Schedule is subject to change with little notice, if necessary.							
Areas in black indicate no Water Walking/Open/Lap swim available.							
Areas in light grey indicate possible Rentals/Lessons. Please contact the Y before coming in.							