

YMCA Downtown Branch Pool Schedule

Fall Session 2008 September 8- October 26

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15 AM						CLOSED	CLOSED
6:00 AM							
6:30 AM	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
7:00 AM	5:15-1:00	5:15-12:00	5:15-1:00	5:15-1:00	5:15-1:00		
7:30 AM	pm	pm	pm	pm	pm		
8:00 AM						Lap Swim	
8:30 AM	Closed 8:45-9	Closed 8:45-9	Closed 8:45-9	Closed 8:45-9	Closed 8:45-9	8:00-9:00am	
9:00 AM							
9:30 AM						Swim Lessons	
10:00 AM						9:00-12:00	
10:30 AM						pm	
11:00 AM							
11:30 AM							
12:00 PM							
12:30 PM						Open Swim	
1:00 PM						12:00-2:00	Open Swim
1:30 PM	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim		Swim
2:00 PM						Closed 2-2:15	1:00-3:00
2:30 PM	1:00-4:00pm	1:00-4:00pm	1:00-4:00pm	1:00-4:00pm	1:00-4:00pm		
3:00 PM							Closed 3-3:15
3:30 PM						Open Swim	Open Swim
4:00 PM						2:15-6:00	3:15-4:45
4:30 PM	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
5:00 PM	4:00-7:00pm	4:00-6:00pm	4:00-7:00pm	4:00-8:00pm	4:00-7:00pm		
5:30 PM		AFYAP					
6:00 PM		5:15-6:00pm				Closed 6-6:15	
6:30 PM		Swim	Deep Water	Swim			
7:00 PM	Masters	Lessons	6:15-7:00	Lessons			
7:30 PM	6:30-8:00	6 - 8 pm	Masters	6 - 8 pm	Closed 7-7:15	Open Swim	CLOSED
8:00 PM	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	6:15-8:00	
8:30 PM	7:00-9:00pm	8:00-9:00pm	7:00-9:00pm	8:00-9:00pm	7:15-9:00pm	CLOSED	
9:00 PM							

* Please sign up at the Front Desk for all swim lessons and water aerobic classes.

*Contact Jen Malone with any questions regarding aquatics (614) 224-1137 ext 270

Deep Water-Good Water workout, high Intensity, low impact aerobic class

Masters Swim- Adult swimmers who practice together with a variety of different workouts.

AFYAP- Arthritis Foundation YMCA Aquatic Program