

# POOL SCHEDULE

# GAHANNA YMCA

# FALL I SESSION

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	<b>Session Dates: Sept 8-Oct 26</b>	Lap Swim = 4 lanes or more for laps.  Open Swim = 4 lanes + below the slide for open swim.  H.S. and YMCA Swim Teams use 6 lanes during practice & meets.  There will always be at least one lane for lap swimming & the area below the slide for open swim during all program times, unless we are holding a special event.  You will be asked to share lap lanes & circle swim
6:00 AM	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
6:30 AM	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
7:00 AM	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
7:30 AM	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
8:00 AM	Lap Swim/Aq Aerobics	Aqua Aerobics	Lap Swim/Aq Aerobics	Aqua Aerobics	Lap Swim		
8:30 AM	Lap Swim/Aq Aerobics	Aqua Aerobics	Lap Swim/Aq Aerobics	Aqua Aerobics	Lap Swim/Aq Aerobics		
9:00 AM	Lap Swim		Lap Swim		Lap Swim/Aq Aerobics	Swim Lessons (9:05)	
9:30 AM	Swim Less/Arthritis		Swim Less/Arthritis		Arthritis	Swim Lessons	
10:00 AM	Swim Less/Arthritis	Arthritis Water Fitness	Swim Less/Arthritis	Arthritis Water Fitness	Arthritis	Swim Lessons	
10:30 AM	Swim Less	Arthritis (11:10)	Swim Lessons (11:10)	Arthritis (11:10am)		Swim Lessons	
11:00 AM	Swim Less					Swim Lessons	
11:30 AM						Swim Lessons (11:55)	
12:00 PM						Slide Open 12-4pm	
12:30 PM							
1:00 PM							
1:30 PM							Slide Open 1-4pm
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM	GLHS Swim Team*	GLHS Swim Team*	GLHS Swim Team*	GLHS Swim Team*	GLHS Swim Team*		
4:00 PM	GLHS Swim Team*	GLHS Swim Team*	GLHS Swim Team*	GLHS Swim Team*	GLHS Swim Team*		
4:30 PM	GLHS Swim Team*	GLHS Swim Team*	GLHS Swim Team*	GLHS Swim Team*	GLHS Swim Team*		
5:00 PM	GLHS Swim Team*	GLHS Swim Team*	GLHS Swim Team*	GLHS Swim Team*	GLHS Swim Team*		
5:30 PM	Y-Swim Team	Swim Lessons (5:30)	Y-Swim Team	Swim Lessons (5:30)	Y-Swim Team		
6:00 PM	Y-Swim Team	Swim Lessons	Y-Swim Team	Swim Lessons	Y-Swim Team		
6:30 PM	Y-Swim Team	Swim Lessons	Y-Swim Team	Swim Lessons	Y-Swim Team		
7:00 PM	Y-Swim Team	Swim Lessons	Y-Swim Team	Swim Lessons	Y-Swim Team		
7:30 PM	Y-Swim Team	Swim Lessons	Y-Swim Team	Swim Lessons (7:45)	Y-Swim Team		
8:00 PM	Aqua Aerobics	Aqua Aerobics	Aqua Aerobics	Aqua Aerobics/SCUBA			
8:30 PM	Aqua Aerobics	Aqua Aerobics	Aqua Aerobics	Aqua Aerobics/SCUBA			
9:00 PM							
9:30 PM							

Slide Hours:  
M-F: 5-8p, Sat.:12-4p,  
Sun.:1-4p

**GYG Swim meets begin  
November.  
Exact Dates TBA**

GYG meets will run from 1pm - 5pm  
GLHS meets will run from 4:30 pm - 7:30pm

When there is no description in a time block, the pool is set up for Open Swim. See the posted pool rules for more info.

Schedule Subject to Change



9/10/2008

*YMCA of Central Ohio Mission Statement*  
To serve the whole community through programs expressing Judeo-Christian principles that build a healthy Spirit, Mind, and Body