

# POOL SCHEDULE

# GAHANNA YMCA

# WINTER 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:30 AM	Lap Swim/ODU	Lap Swim	Lap Swim	Lap Swim	Lap Swim	<b>Session Dates:</b> Jan 4- Feb 21	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/Aerobics/Navy	Aqua Aerobics	Lap Swim/Aq Aerobics	Aqua Aerobics	Lap Swim/Navy			
8:30 AM	Lap Swim/Aerobics/Navy	Aqua Aerobics	Lap Swim/Aq Aerobics	Aqua Aerobics	Lap Swim/Aq Aerobics			
9:00 AM	Lap Swim	CC	Lap Swim	JCC	Lap Swim/Aq Aerobics			Swim Lessons (9:05)
9:30 AM	Swim Less/Arthritis	CC	Swim Less/Arthritis	JCC	Arthritis			Swim Lessons
10:00 AM	Swim Less/Arthritis	Arthritis Water/CC	Swim Less/Arthritis	Arthritis Water Fitness	Arthritis			Swim Lessons
10:30 AM	Swim Less	Arthritis (11:10)/CC	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								
12:30 PM								
1:00 PM								
1:30 PM								
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*	GYG meets will run from 1pm - 5pm GLHS Meets will run from 4:30 pm - 7:30pm		
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	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.		
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

Interested in SCUBA or Water Aerobics? Ask at the front desk or e-mail [jhawkins@ymcacolumbus.org](mailto:jhawkins@ymcacolumbus.org)

GLHS practices M-F 330p-530p.  
GYG Home Meets: 1/9/10, 2/6/10  
Practices run MWF 530p-730p

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



10/5/2009

**YMCA Mission:**

To serve the whole community through programs expressing Judeo-Christian principles that build a healthy Spirit, Mind, and Body

Financial Assistance Available

for  
v  
is  
&  
the  
s,  
ial  
p