





Y POOL SCHEDULE

3/2/2010

WARD FAMILY YMCA - 614-252-3166
 Katie Powell : kpowell@ymcacolumbus.org

Winter Two Session 2010 - February 22 - April 11

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM	<p>The pool schedule is subject to change so please always look in the top right corner to ensure that the schedule you have is the most up to date</p> 	Adult Lap Swim 6:00a-10:30a NO LAP LANE AOA SilverSplash 10:30a-11:30a, 11:30a-12:30a	Adult Lap Swim 6:00a-7:15a	Adult Lap Swim 6:00a-10:30a Headstart Swim Lessons 10:30a-11:30a NO LAP LANE AOA SilverSplash 11:30a-12:30a	Adult Lap Swim 6:00a-10:00a NO LAP LANE OSU Rental 10:00a-11:00a ONE LAP LANE Arthritis Aquatics 11:00a-12:00p	Adult Lap Swim 6:00a-10:30a NO LAP LANE AOA SilverSplash 10:30a-11:30a, 11:30a-12:30a	 Open Swim 7:00a-9:00a NO LAP LANE Adult: 9:00-9:40, Fish-Porpoise: 9:45-10:25, Young Adult: 9:45-10:25, Pike-Starfish: 10:30-11:00, Parent/Child: 10:30-11:00, Polli-Minnow: 11:05-11:45
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM							
9:00 AM							
9:30 AM							
10:00 AM							
10:30 AM							
11:00 AM		Adult Lap Swim 12:30p-3:00p Open Swim 3:00p-7:00p	High Impact Aqua Aerobics 7:15a-8:00a ONE LAP LANE	Adult Lap Swim 12:30p-3:00p Open Swim 2:00p-7:00p Open Swim 3:00p-7:00p	Adult Lap Swim 12:00p-2:00p NO LAP LANE OSU Rental 10:00a-11:00a ONE LAP LANE Arthritis Aquatics 11:00a-12:00p	Adult Lap Swim 12:30p-2:00p NO LAP LANE AOA SilverSplash 10:30a-11:30a, 11:30a-12:30a	Open Swim 1:00p-6:30p Open Swim 3:00p-5:00p Family Swim 5:00p-8:30p
11:30 AM							
12:00 PM							
12:30 PM							
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM	<p>The hot tub is available during Lap and Open Swim times only</p> 	Open Swim 3:00p-7:00p	Adult Lap Swim 8:00a-10:00a NO LAP LANE	Adult Lap Swim 7:00p-8:30p Open Swim 2:00p-7:00p Open Swim 3:00p-7:00p	Adult Lap Swim 8:00a-10:00a NO LAP LANE OSU Rental 10:00a-11:00a ONE LAP LANE Arthritis Aquatics 11:00a-12:00p	Adult Lap Swim 7:00p-8:30p NO LAP LANE AOA SilverSplash 10:30a-11:30a, 11:30a-12:30a	Open Swim 1:00p-6:30p Open Swim 3:00p-5:00p Family Swim 5:00p-8:30p
4:30 PM							
5:00 PM							
5:30 PM							
6:00 PM							
6:30 PM							
7:00 PM							
7:30 PM							
8:00 PM							
8:30 PM							

ADULT LAP SWIM IS RESERVED FOR ADULTS (18+) WHO SWIM CONTINUOUS LAPS OR USE THE WATER FOR A FORM OF EXERCISE