



Charles River YMCA - Pool Schedule Late Fall



Pool Schedule - October 27 - December 29

11/3/08

SUNDAY 7:00a – 5:00p	MONDAY 6:00 a – 9:30 p	TUESDAY 6:00 a – 9:30 p	WEDNESDAY 6:00 a – 9:30 p	THURSDAY 6:00 a – 9:30 p	FRIDAY 6:00 a – 9:00p	SATURDAY 7:00 a – 4:00 p
	Adult Lap 6:00 – 8:30 a	Adult Lap 6:00 – 8:30 a	Adult Lap 6:00 – 8:30 a	Adult Lap 6:00 – 8:30 a	Adult Lap 6:00 – 8:30 a	Adult Lap 7:00-8:15
Adult Lap 7:00 – 9:00 a	Aqua Aerobics Deep H2O 8:30 – 9:15 a	Extended Lap 8:30 – 9:15 a	Aqua Aerobics Deep H2O 8:30 – 9:15 a	Aqua Aerobics 8:30 – 9:15 a	Aqua Aerobics Deep H2O 8:30 – 9:15 a	Hydrorider Deep H2O 8:15 – 9:00 a
Lessons 9:00a – 12:35p	Lessons ** 9:25 – 10:35 a	Lessons ** 9:25 – 10:35 a	Lessons ** 9:25 – 10:35 a	Lessons ** 9:25 – 10:35 a	Lessons ** 9:25 – 10:35 a	Lessons 9:00 a – 12:35 p
Party or AdultLap 12:35 – 1:30 p	PreK Open Swim* 10:45 – 11:45 a	PreK Open Swim* 10:45 – 11:45 a	PreK Open Swim* 10:45 – 11:45 a	PreK Open Swim* 10:45 – 11:45 a	PreK Open Swim* 10:45 – 11:45 a	Adult Lap 12:35 – 1:30 p
Family Swim 1:30 – 2:30	Adult Lap 11:45- 1:00	Adult Lap 11:45- 1:00	Adult Lap 11:45- 1:00	Adult Lap 11:45- 1:00	Adult Lap 11:45- 1:00	Party or Adult Lap 1:30 – 2:15
	Joint Venture ** 1:00 – 2:00	Senior Swim** 1:00 – 2:00	Joint Venture ** 1:00 – 2:00	Senior Swim** 1:00 – 2:00	Joint Venture ** 1:00 – 2:00	
Pool Mait. 2:30 – 3:00	Lessons** 2:00 – 3:00 p	Family Swim** 2:00 – 3:00 p	Family Swim** 2:00 – 3:00 p	Family Swim** 2:00 – 3:00 p	Family Swim** 2:00 – 3:00 p	Cr arc- Yth Lap 2:15-2:45 p
Swim team 3:00 – 5:00	Lessons 3:00 – 5:30 p	Lessons 3:00 – 5:45 p	Lessons 3:00 – 5:30 p	Lessons/SwimTm 3:00 – 5:45 p	Family Swim 3:00 – 4:30	Family Swim 2:45 – 4:00 p
	Adult Lap 5:30 - 6:30	Adult Lap 5:45 -7:00	Adult Lap 5:30 - 6:30	Adult Lap 5:45 -7:00	Lessons 4:30 – 6:15 p	
	Lessons 6:30 – 7:30	Lessons/Dev ST 6:45 – 7:45	Swim Team 6:30 – 9:00	Lessons/Dev ST 6:45 – 7:45	Adult/Teen/Yth Lap 6:15 - 7:00	Forever Strong will be held Upstairs M/W/F 9:45 am
	Swim Team 7:30 -8:45	Deep H2O 7:45 – 8:45		Deep H2O 7:45 – 8:15	Family Swim 7:00 – 9:00	
	Adult Lap 8:45-9:30	Adult/Teen Lap 8:30 – 9:30	SCUBA 9:00 – 9:30	Adult/Teen Lap 8:30 – 9:30		

**** A double asterisk indicates that 1 lane will remain available for adult lap swimming**

Lap Swim Age Categories: Adult 16+, Teen 13 – 16, Youth 9 - 12

The Charles River YMCA reserves the right to change or modify this schedule at any time. Times and lane assignments may vary. Parents and Guardians are responsible for supervising their children. Lifeguards are on duty to enforce rules and respond to emergencies.