



Charles River YMCA Spring II Session



Pool Schedule - April 28 - May 31, 2008

4/29/08

Sunday 7:00a - 5:00p	Monday 6:00a-9:30p	Tuesday 6:00a-9:30p	Wednesday 6:00a -9:30p	Thursday 6:00a - 9:30p	Friday 6:00a-9:00p	Saturday 7:00a-4:00p
		Adult Lap 6:00-9:30		Adult Lap 6:00-8:30		Adult Lap 7:00-8:15
Adult Lap 7:00a-8:00p	Adult Lap 6:00-8:30		Adult Lap 6:00-8:30		Adult Lap 6:00-8:30	
Hydro-Rider 8:00a-8:45a	Aqua Aerobics Deep H2O 8:30-9:15		Aqua Aerobics Deep H2O 8:30-9:15	Aqua Aerobics 8:30 - 9:15	Deep H2O & Aqua A 8:30-9:15	Deep H2O 8:15-9:00
	Lessons ** 9:30-11:15	Lessons ** 9:30-11:45	Lessons ** 9:30-11:15	Lessons ** 9:30-11:45	Lessons ** 9:30-11:15	Hydro-rider(shallow) 8:15-9:00
Lessons 9:00-12:30	Adult Lap 11:15-1:00	Adult Lap 11:45-1:00	Adult Lap 11:15-1:00	Adult Lap 11:45-1:00	Adult Lap 11:15-1:00	Lessons 9-12:30
	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	Adult Lap 12:30-1:30
Adult Lap 12:30-2:30p	Lessons ** 2:00-3:00	Family Swim (2 lanes) 2:00-3:00	Family Swim (2 lanes) 2:00-3:00	Family Swim** 2:00-3:00	Adult Lap 2:00-3:30	
Party				Lessons 3:00-4:30		Party 1:30 to 2:15
Pool Maintenance 2:30p-3:30p	Lessons 3:15p-5:15p	Lessons 3:00-5:45	Lessons 3:00-5:30	Swim Clinics 4:30-6:00	Family Swim 3:30-4:30	or adult lap CR ARC/Youth Lap 2:15-2:45
Family Swim 3:30p-5:00p	Adult Lap 5:15-6:00	Adult Lap 5:45-7:00	Adult Lap 5:30-6:30	Adult Lap 6:00-7:00	Lessons** 4:30-6:15	Family Swim 2:45-4:00
Rental 5:00p-6:30p	Lessons 6:00-7:30	Lessons 7:00-7:45	Swim Clinic 6:30-7:30	Lessons 7:00-7:45	Adult/Teen Lap 6:15-7:00	
	Triathlon Training 7:30-8:30	Deep H2O Exer. 7:45-8:30	Hydro Rider 7:30-8:15	Hydro-Rider 7:45-8:30	Family Swim 7:00-9:00	
	Adult Lap 8:30-9:30	Adult Lap 8:30-9:30	Adult Lap 8:15-9:30	Adult/Teen Lap 8:30-9:30		

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

The Charles River YMCA reserves the right to change or modify this schedule at any time. Times and lane assignments may vary.

Parents/Guardians are responsible for supervising their children. Lifeguards are on duty to enforce rules and