



Oak Square YMCA Spring Sessions



Therapy Pool Schedule Beginning: April 19, 2008

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-8:00 Open Rec Swim	6:00-9:00 Open Rec Swim	6:00-8:00 Open Rec Swim	6:00-9:00 Open Rec Swim	6:00-8:00 Open Rec Swim	8:00-8:45 Open Rec Swim	8:00-9:00 Open Rec Swim
8:00-9:30 Arthritis Exercise	9:00-10:30 Lessons Only	8:00-9:30 Arthritis Exercise	9:00-10:30 Lessons Only	8:00-9:30 Arthritis Exercise	9:00-1:45 Lessons Only	9:00-1:15 Lessons Only
9:30-1:00 Open Rec Swim	10:30-11:00 Arthritis Exercise Lessons	9:30-10:30 Open Rec Swim	10:30-11:00 Arthritis Exercise Lessons	9:30-1:00 Open Rec Swim	1:45-6:30 Family Swim	1:15-2:30 Open Rec Swim
1:00-2:00 Senior Swim	11:00-12:00 Lessons Only	10:30-11:30 Open Rec Swim/ Zdorovie Group	11:00-12:00 Lessons Only	1:00-2:00 Senior Swim		2:30-3:30 Parties Only
2:00-3:15 Open Rec Swim	12:00-3:15 Open Rec Swim	11:30-1:00 Open Rec Swim	12:00-3:15 Open Rec Swim	2:00-3:15 Open Rec Swim		3:30-6:30 Family Swim
3:15-6:30 Lessons Only	3:30-6:30 Lessons Only	1:00-2:00 Senior Swim	3:30-6:30 Lessons Only	3:30-6:30 Lessons Only		
6:30-8:45 Family Swim	6:30-8:45 Family Swim	2:00-3:15 Open Rec Swim	6:30-8:45 Family Swim	6:30-9:45 Family Swim		
8:45-9:45 Adults Only	8:45-9:45 Adults Only	3:30-6:30 Lessons Only	8:45-9:45 Adults Only			
		6:30-8:45 Family Swim				**Pools may be closed due to lightning, safety or other matters without notice.
		8:45-9:45 Adults Only				

- Open Rec Swim:** -An adult (age 18 and up) must accompany children 5 and under in the water or a child of any age wearing a flotation device
-Open to swimmers of all ages.
- Family Swim** -An exclusive time we want to encourage family members to use the pools together.
- Senior Swim/Adults Only:** -Children may not swim during Senior Swim or Adults Only.
- Arthritis/Aerobics:** -For their consideration, only registered participants may use the designated areas/lanes when scheduled
- Lessons Only:** -Only participants **with their instructor** may be in the therapy pool at this time! Participants may neither enter the water early