



We build strong kids, strong families, strong communities.

## Helen G. Nassif Pool Schedule Sunday, July 25 – Saturday, August 14, 2010

- ❑ Please note that private lessons may be conducted at any time, private lessons do have an effect on lap lane availability.
- ❑ Please remember that there is typically only one lap lane available during swimming lesson times. If it is possible to make more lanes available on given days we will certainly do that.
- ❑ Please note Open Swim times. There is **NO** Open Swim other than at these scheduled times. Lap lanes are for lap swimming only.
- ❑ Adult Only Swim Times are Monday – Thursday 8:30 – 9:30 PM. No one under the age of 18 is allowed in the pool, whirlpool, or pool area during Adult Swim.
- ❑ Programming Notes: The last day of swimming lessons for the summer will be Saturday, Aug 14. Fall swimming lessons will begin Tuesday, Sept 7.

### OPEN SWIM

MON – FRI	1:30 – 5:00 PM
TUE/THU/FRI	9:00 – 11:30 AM
MON/WED/FRI	7:00 – 8:30 PM
SATURDAY	1:00 – 5:30 PM
SUNDAY	NOON – 4:30 PM

### WATER EXERCISE

MON/WED/FRI	7:30 – 8:15 AM
TUES/THURS	7:30 – 8:15 AM; 7:00 – 7:45 PM
SATURDAY	7:00 – 8:00 AM

### SWIMMING LESSONS

MON/WED/SAT	9:00 – 12:00 NOON
TUE/THU	5:00 – 7:00 PM

### ADULT SWIM

MON – THU	8:30 – 9:30 PM
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Please see other side for Lap Swimming/Water Walking Schedule

## **LAP SWIMMING/WATER WALKING**

MON/WED	5:00 – 7:30 AM (ENTIRE POOL); 7:30 – 12:00 NOON (3 LANES); 12:00 NOON – 1:30 PM (ENTIRE POOL); 1:30 – 5:00 PM (3 LANES); 5:00 – 7:00 PM (ENTIRE POOL); 7:00 – 9:30 PM (3 LANES - 8:30 – 9:30 IS ADULT SWIM)
TUE/THU	5:00 – 7:30 AM (ENTIRE POOL); 7:30 – 11:30 AM (3LANES); 11:30 – 1:30 PM (ENTIRE POOL); 1:30 – 5:00 PM (3 LANES) 5:00 – 7:00 PM (1 LANE); 7:00 – 9:30 PM (3 LANES - 8:30 – 9:30 IS ADULT SWIM)
FRIDAY	5:00 – 7:30 AM (ENTIRE POOL); 7:30 – 11:30 AM (3 LANES); 11:30 – 1:30 PM (ENTIRE POOL); 1:30 – 5:00 PM (3 LANES); 5:00 – 7:00 PM (ENTIRE POOL); 7:00 – 8:30 PM (3 LANES)
SATURDAY	7:00 – 9:00 AM (3 LANES); 9:00 – NOON (1 LANE); NOON – 1:00 PM (ENTIRE POOL); 1:00 – 5:30 PM (3 LANES)
SUNDAY	NOON – 4:30 PM (3 LANES)

YMCA MISSION: To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.