

Ocean Community YMCA, Mystic Branch

Pool Schedule October 27, - December 21, 2008 Fall II Session

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30	Lap Swim 5:30 - 9:00	Lap Swim 5:30 - 9:00	Lap Swim 5:30 - 9:00	Lap Swim 5:30 - 9:00	Lap Swim 5:30 - 9:00		
6:00							
7:00						Lap Swim 7:00 - 8:00(4) Swim Team(2) 8:00-8:30Swim Team(2)	Lap Swim 7:00 - 10:00
8:00	Aquacise 8:00 - 9:00(3)						
9:00	Aquacise 9:00 - 10:00	Lessons 8:30 - 1:00					
10:00	Senior Splash & Family Swim 10:00 - 11:00	Deep WaterWorkOut 9:00-10:00(4) Lessons 9:00-10:30(2) Land & Sea 10:30-11:00(2)	Aquacise 9:00 - 10:00	Senior Splash & Family Swim 10:00 - 11:00	Deep WaterWorkOut 9:00-10:00(4) Lessons 9:00-10:30(2) Lap Swim 10:00-11:00 (4)	Senior Splash & Family Swim 10:00 - 11:00	
11:00	Lap Swim/Adult Rec. 11:00 - 1:00	Lap Swim & Adult Rec. 11:00 - 2:00	Lap Swim & Adult Rec. 11:00 - 2:00	Lap Swim/Adult Rec. 11:00 - 2:00 Land & Sea 2:00-2:30	Lap Swim & Adult Rec. 11:00 - 2:00	Lap Swim 1:00 - 2:30 *swim meets*	Family Swim / Youth Swim 10:00 - 12:00
12:00	Lap/Family Rec 1:00-2:00						Lap Swim 12:00 - 2:30
1:00	Pool Closed 2:00 - 2:30						Pool Closed 2:00 - 2:30
2:00	Pool Closed 2:00 - 2:30	Pool Closed 2:00 - 2:30	Pool Closed 2:00 - 2:30	Pool Closed 2:30 - 3:00	Pool Closed 2:00 - 3:00		
3:00	Lap Swim 2:30 - 4:30(4) Rec Swim 2:30-4:00(2) Lessons 4:00 - 5:30(2) SwimTeam 4:30 - 5:30(3)	Youth/Family 2:30 - 5:30(2) Lap Swim 2:30 - 4:00(4) 4:00-5:30(2) Lessons 4:00 - 5:30(2)	Youth/Family 2:30 - 4:00(3) Lap Swim 2:30 - 4:30(3) Swim Team 4:30 - 5:30(3) Lessons(2) 4:00-5:30	Youth/Family 3:00 - 5:30(2) Lap Swim 3:00 - 5:30(2) Lessons 4:00 - 5:30(2)	Lap Swim 3:00 - 4:30(4) Youth/Family 3:00 - 4:00(2) Lessons 4:00 - 5:30(2/3) Swim Team 4:30-5:30(3)	Family/ Youth Swim 2:30 - 3:30 *swim meets*	Family Swim(3) Lap swim (3) 2:30 - 5:30
4:00	5:30 - 7:30 Swim Team (3) Lap(3)	Aquacise 5:30-6:30(3) Swim Team 5:30-7:30(3)	Swim Team 5:30-7:30(3) Aquacise 5:30-6:30 (3)	Aquacise 5:30-6:30(3) Swim Team 5:30-7:30(3)	Swim Team 5:30 - 7:30(3) Lap Swim 5:30-7:30(3)	Family Swim(3) Lap swim (3) 2:30 - 5:30 *swim meets*	
5:00							
6:00						Pool Schedule Subject To Change. <i>*Lane Space depends on program participation. Lanes may be shared with private swim lessons.</i> During school vacations be aware that children will be swimming at various Rec./Lap/and Family Swims. (#) = number of lanes per activity.	
7:00	Lifeguard Course 7:30-8:30 (2)	Lap Swim 6:30 - 7:30 (2) Adult Beginners 7:30-8:30(2) Family Swim 7:30-8:30(2)	Lifeguard Course 7:30-8:30 (2) Scuba 7:30 - 9:00 (2) Lap Swim 7:30-8:30 (2) 8:30-9:00(3) 9:00-9:30 (6)	Adult Intermediate Lesson 6:30 - 7:30(1) Family Swim 6:30-7:30(2)	Family Swim 7:30 - 9:30 (3) Lap Swim 7:30 - 9:30 (3)		
8:00	Lap Swim 7:30 - 9:00 (2) 9:00-9:30(4) Family/Rec Swim 8:00-9:30(2)	Lap Swim 7:30-9:30(4) Rec Swim 8:00-9:30(2)		Lap Swim 7:30-9:30(4) Family/Rec Swim 7:30-9:30(2)			
9:00							

