

POOL SCHEDULE

Glens Falls Family YMCA

Early Spring Session: March 1st - May 2nd, 2010

Featuring: 12 hours of Adult Swim, 80 hours of Lap Swim & 30 hours of Recreational Swim

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am						OPENS @ 6am	OPENS @ 8am
5:30am							
6:00am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	6-7am Lap Swim & Masters Swim	
6:30am							
7:00am	Lap Swim & programs				Lap Swim & programs	Swim Team Only * <small>*lane space subject to # in class</small>	
7:30am							
8:00am	Adult Swim	Adult Swim	Adult Swim	Adult Swim	Adult Swim		
8:30am							
9:00am	Water Workout <small>*lane space subject to # in class</small>	Water Workout <small>*lane space subject to # in class</small>	Water Workout <small>*lane space subject to # in class</small>	Water Workout <small>*lane space subject to # in class</small>	Water Workout & Lim. Lap <small>*lane space subject to # in class</small>	Swim Programs only	Adult Swim (until 10:30am)
9:30am							
10:00am							
10:30am	Water Workout & Limited Lap Swim	Swim Programs & Limited Lap Swim	Water Workout & Limited Lap Swim	Swim Programs & Limited Lap Swim	Swim Programs & Lap Swim		
11:00am							
11:30am	Swim Programs & Limited Lap	Lap Swim	Swim Programs & Limited Lap	Swim Program & Lap Swim	Adult Swim	Swim Programs & Limited Lap Swim	(10:30am-12pm) Swim programs & Lap Swim
12:00pm							
12:30pm	* Rec. & Lap Swim	Adult Swim	Program lessons & Lap Swim	Adult Swim	* Rec. & Lap Swim	Swim Programs & Rec. Swim & Lap Swim	
1:00pm							
1:30pm	Senior Aquafit <small>*lane space subject to # in class</small>	Swim Programs & *Rec. & Lap Swim	Senior Aquafit <small>*lane space subject to # in class</small>	Swim Programs & *Rec. & Lap Swim	Senior Aquafit <small>*lane space subject to # in class</small>		Swim Programs & Rec. Swim & Lap Swim
2:00pm	* Rec. & Lap Swim		* Rec. & Lap Swim		* Rec. & Swim Programs & Senior Swim & Lap Swim		
2:30pm							
3:00pm	Swim Programs & *Limited	Swim Programs & *Limited Lap Swim	Swim Programs & *Limited	Swim Programs & Limited Lap Swim	Swim Team & H2O Workout		
3:30pm							
4:00pm							
4:30pm	Swim Team Only * <small>*lane space subject to # in class</small>	Swim Team Only * <small>*lane space subject to # in class</small>	Swim Team Only * <small>*lane space subject to # in class</small>	Swim Team Only * <small>*lane space subject to # in class</small>	Swim Team Only * <small>*lane space subject to # in class</small>		
5:00pm							
5:30pm							
6:00pm	Programs & Swim Team only	Swim Team & H2O Workout	H2O workout & Swim Team	Swim Team & H2O Workout	Swim Team Only * <small>*lane space subject to # in class</small>		
6:30pm							
7:00pm							
7:30pm							
8:00pm							
8:30pm							
9:00pm	Rec. Swim & Lap Swim	Rec. Swim & Lap Swim	Rec. Swim & Lap Swim	Rec. Swim & Lap Swim	Rec. Swim & Lap Swim	Teen Nite 3/6, 3/13, 3/20, 3/27, 4/17, 4/24	
9:30pm							
10:00pm							

Pool Closed

Closed for class or program*

* if participation is low, a lane may come available, please check with lifeguard

Special schedule week of 2/15-2/22

Schedule is subject to change without notice.