

Sign up for swim lessons TODAY!

## Lincoln Family Downtown YMCA June & July AQUATICS



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30	5:00 - 8:00a Lap Swim (4)	5:00 - 8:00a Lap Swim (4)	5:00 - 10:00a Lap Swim (4)	5:00 - 8:00a Lap Swim (4)	5:00 - 10:00a Lap Swim		
6:00							
6:30							
7:00						7:00-9:00a Lap Swim	
7:30					<b>PLEASE read pool updates listed below</b>		
8:00	8:00-9:00a Swim Lessons/ Lap Swim (2)	8:00-10:00a Swim Lessons/ Open Swim Lap Swim (2)		8:00-10:00a Swim Lessons/ Open Swim Lap Swim (2)			
8:30	9:00-10:00a Deep Water Aerobics/ Lessons					9:00-10:00a Water Aerobics	
9:00							
9:30							
10:00	10:00-11:00a SilverSplash Aerobics/ Swim Team Swim Lessons	10:00-11:00a Swim Team/ Swim Lessons Lap Swim (1)	10:00-11:00a SilverSplash Aerobics/ Swim Team Swim Lessons	10:00-11:00a Swim Team/ Swim Lessons Lap Swim (1)	10:00-11:00a Low Impact Aerobics	10:00-1:00p Swim Lessons/ Open Swim	9:00-2:30p
10:30						(2)Lap Swim	Open Swim/ (2) LapSwim
11:00	11:00-12:00 Lap Swim (4)	11:00-12:00 Lap Swim (4)	11:00-12:00 Lap Swim (4)	11:00-12:00 Lap Swim (4)	11:00-12:00 Lap Swim (4)	1:00 -5:30p	
11:30							
12:00	12:00-1:00p Masters/ Lap Swim	12:00-1:00p Masters/ Lap Swim	12:00-1:00p Masters/ Lap Swim	12:00-1:00p Masters/ Lap Swim	12:00-1:00p Masters/ Lap Swim		
12:30							
1:00	1:00-2:30p Group/ Open Swim/ (1) Lap Swim	1:00-2:30p Open Swim/(2) Lap Swim	1:00-2:30p Open Swim/ (2) Lap Swim	1:00-2:30p Group/ Open Swim/(1) Lap Swim	1:00-5:30p Open Swim/ (1) Lap Swim	Open Swim/ (2) Lap Swim	Close 2:30p
1:30							
2:00							
2:30							
3:00	2:30-3:30p Summer Day Camp Swim	2:30-3:30p Summer Day Camp Swim	2:30-3:30p Summer Day Camp Swim	2:30-3:30p Summer Day Camp Swim			
3:30							
4:00	3:30-5:30p Swim Lessons/ Open Swim/ (2) Lap Swim	3:30-5:30p Swim Lessons/ Open Swim/ (2) Lap Swim	3:30-5:30p Swim Lessons/ Open Swim/ (2) Lap Swim	3:30-5:30p Swim Lessons/ Open Swim/ (2) Lap Swim	5:30-6:30p Water Aero/ (1) Lap Swim	Close 5:30p	
4:30							
5:00							
5:30	5:30-6:30p see updates	5:30-6:30p see updates	5:30-6:30p Swim Lessons/ Deep Water Aerobics	5:30-6:30p see updates			
6:00	Water Aerobics	Water Aerobics	(1) Lap Swim	Water Aerobics	6:30-7:00p Open Swim/ (2) Lap Swim		
6:30	6:30-7:30p Swim Team / (2) Lap Swim	6:30-7:30p Lessons/ Open Swim/ (2) Lap Swim	6:30-7:30p Swim Team / (2) Lap Swim	6:30-7:30p Lessons/ Open Swim/ (2) Lap Swim			
7:00							
7:30	7:30-8:30p Open Swim/ (2) Lap Swim	7:30-8:30p Open Swim/ (2) Lap Swim	7:30-8:30p Open Swim/ (2) Lap Swim	7:30-8:30p Open Swim/ (2) Lap Swim			
8:00							
8:30p					UPDATES		



LAP SWIM (#) = Number of Lap Swim lanes available.

**Pool Hours:**  
Mondays thru Thursday 5:00a to 8:30p  
Friday 5:00a-7:00p  
Saturday 7:00a- 5:30p  
Sunday 9:00a-2:30p

Comments or Concerns  
Shelly Brown- Aquatic Director  
silbrown@vosymca.org  
ONLINE Updates  
www.valleymca.org

Click on the Member HOT Button for facility closures and events.

SCUBA is now Downtown!

Contact Pete inlandwaterdivers.com for more information.  
WATER AEROBICS- A Lap Lane may be available based on class size.

Summer Day Camp Swim

Pool Closed and Hot Tub open at this time

Summer Day Camp Swim will have field trips on some weekdays. For field trip days, open swim and lap swim will be 2:30-3:30p. Trip dates will be listed on the website.