

Mesa Family YMCA Pool Schedule Effective December 1st, 2009

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:00	Pool Opens at 5:30am	Pool Opens at 5:30am	Pool Opens at 5:30am	Pool Opens at 5:30am	Pool Opens at 5:30am		
6:00-7:00	Open Swim						
7:00-8:00	Open Swim						
8:00-9:00	Aerobics *Deep End*	Silver Splash *Shallow*	Aerobics *Deep End*	Arthritis *Shallow*	Aerobics *Deep End*	Pool Opens at 8:00am	
9:00-10:00	Aerobics *Shallow*	Aerobics *Deep End*	Aerobics *Shallow*	Water Jogging *Deep End*	Aerobics *Shallow*	Aerobics: *Deep End*	
10:00-11:00	Open Swim	Aqualates (10-10:30)	Open Swim	Prenatal/Postpartum *Shallow*	Open Swim	Open Swim	
11:00-12:00	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	
12:00-1:00	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	
1:00-2:00	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	
2:00-3:00	Pool is closed in between 2:00 and 4:00 PM on Weekdays.					Open Swim	Pool Opens 12:30pm
3:00-4:00						Open Swim	
4:00-5:00	Swim Lessons *Shallow End*				Open Swim	Pool Closes at 4:30 Sat. and Sun.	
5:00-6:00	Swim Lessons *Shallow End* Thurs): 5:30-6:00 *Deep End*			Aqualates (Mon, Swim Team (Tues, Weds, Thurs) *3 lanes*	Open Swim		
6:00-7:00	Aerobics: *Deep End*				Open Swim		
7:00-8:00	Open Swim				Pool Closes at 7:30pm Fri.		
8:00 - 9:00	Open Swim						
	Pool Closes at 8:00 pm M-Th						



We build strong kids, strong families, strong communities.