




POOL SCHEDULE

Mesa Family YMCA • Winter 2011-2012

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 - 6:00am		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 - 7:00am		OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	
7:00 - 8:00am							
8:05 - 9:00am							POOL OPENS AT 8:00AM
8:30 - 9:00am		AEROBICS *SHALLOW*	OPEN SWIM	AEROBICS *SHALLOW*	AEROBICS *SHALLOW*	AEROBICS *SHALLOW*	
9:05 - 10:00am							
10:00 - 11:00am		OPEN SWIM		AQUALATES	OPEN SWIM	OPEN SWIM	OPEN SWIM
11:00 - 12:00pm							
12:00 - 1:00pm	POOL OPENS	OPEN SWIM	SILVER SPLASH				
1:00 - 2:00pm		POOL CLOSED FROM 2:00 - 4:00 WEEKDAYS					
2:00 - 3:00pm	OPEN SWIM						
3:00 - 4:00pm							
4:00 - 5:00pm	Pool Closes at 4:30pm						OPEN SWIM
5:00 - 6:00pm						OPEN SWIM	
5:00 - 7:00PM			SWIM TEAM		SWIM TEAM		
6:00 - 7:00pm		* DEEP WATER AEROBICS*					
7:00 - 8:00pm		OPEN SWIM				Pool Closes at	
8:00 - 9:00pm						7:30pm Fri.	