



# POOL SCHEDULE

## SOUTH MOUNTAIN YMCA • December

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
8:00AM-9AM	Pool Closed	Water Ex Ricky 9-10am 2 Lanes Open Open Swim	Water Ex Melissa 8:30-9:30 2 Lanes Open	Water Ex Ricky 9-10am 2 Lanes Open Open Swim	Water Ex Melissa 8:30-9:30 2 Lanes Open	2 Lanes Open Open Swim	Pool Opens at 8:00AM	
9AM-10AM		3 Lanes Open Open Swim	3 Lanes Open Open Swim	3 Lanes Open Open Swim	3 Lanes Open Open Swim	3 Lanes Open Open Swim	High Intensity Water Aerobics (9:30-10:30) 2 Lap Lanes	
10AM-12PM		3 Lanes Open Open Swim	3 Lanes Open Open Swim	3 Lanes Open Open Swim	3 Lanes Open Open Swim	3 Lanes Open Open Swim	2 Lanes Open Open Swim	
12PM-4PM		Pool Closed for Maintenance						Pool Closes at 1:00PM
4:00PM-4:30PM		2 Lanes Open Open Swim	2 Lanes Open Open Swim	2 Lanes Open Open Swim	2 Lanes Open Open Swim	2 Lanes Open Open Swim		
4:30PM-5:30PM		2 Lanes Open Open Swim	2 Lanes Open Open Swim	2 Lanes Open Open Swim	2 Lanes Open Open Swim	2 Lanes Open Open Swim		
5:30PM-6:30PM		Low Intensity Water Aerobics 2 Lap Lanes Open Swim	High Intensity Water Aerobics* 2 Lap Lanes Open Swim	Low Intensity Water Aerobics 2 Lap Lanes Open Swim	High Intensity Water Aerobics* 2 Lap Lanes Open Swim	Low Intensity Water Aerobics 2 Lap Lanes Open Swim		
6:30PM-7PM		2 Lanes Open Open Swim	2 Lanes Open Open Swim	2 Lanes Open Open Swim	2 Lanes Open Open Swim	2 Lanes Open Open Swim		

\*No instructor the first Tuesday of the month. Student led class.