



Program Pool Schedule

June 21 - August 22, 2010

Updated: 6/29/10

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:30	Open Swim 5:30 - 6:15	Open Swim 5:30 - 6:00	Open Swim 5:30 - 6:15	Open Swim 5:30 - 6:00	Open Swim 5:30 - 6:15	Y Opens @ 6		
6:00	Water Aerobics 6:15 - 7:15	Water Games 6:00 - 7:00	Water Aerobics 6:15 - 7:15	Water Games 6:00 - 7:00	Water Aerobics 6:15 - 7:15	Open Swim 6:00 - 7:00		
6:30							Y Opens @ 7	
7:00	Relaxation Swim 7:15 - 9:00	Relaxation Swim 7:20 - 9:00	Relaxation Swim 7:15 - 9:00	Relaxation Swim 7:20 - 9:00	Relaxation Swim 7:15 - 9:00	Relaxation Swim 7:00 - 9:00	Open Swim 7:00 - 10:00	
7:30								
8:00								
8:30								
9:00	Silver Foxes 9:00 - 9:30	Open Swim 9:00 - 10:30	Silver Foxes 9:00 - 9:30	Open Swim 9:00 - 10:30	Silver Foxes 9:00 - 9:30	Open Swim 9:00 - 9:30		
9:30	Family Swim 9:30 - 10:00		Social Infant / Parent Swim 9:30 - 10:00					
10:00	Social Infant Swim 10:00 - 10:30		Parent Pike 10:00 - 10:30					
10:30	Parent Pike 10:30 - 11:00	Shelburne Community School 10:30 - 11:30	Open Swim 9:30 - 12:00	Adventure Camp 10:30 - 11:30	Preschool Swim 9:30 - 11:30	Pike 10:30 - 11:00	Family Swim 10:00 - 12:00	
11:00	Pike & Eel 11:00 - 11:30		Eel 11:00 - 11:30					
11:30	Open Swim 11:30 - 12:00	Open Swim 11:30 - 3:30	Arthritis Exercise 1:00 - 2:00	Open Swim 11:30 - 2:00	Arthritis Exercise 1:00 - 2:00	Open Swim 11:30 - 1:00	Open Swim 11:30 - 1:00	
12:00	Water Walking 12:00 - 1:00							
12:30	Arthritis Exercise 1:00 - 2:00							Open Swim 11:30 - 1:00
1:00								
1:30	Camp Israel 2:00 - 3:30	Open Swim 11:30 - 3:30	Arthritis Exercise 1:00 - 2:00	Open Swim 11:30 - 2:00	Arthritis Exercise 1:00 - 2:00	Open Swim 11:30 - 1:00	Open Swim 11:30 - 1:00	
2:00								
2:30								
3:00	Y Summer Camp 3:30 - 4:30	Y Summer Camp 3:30 - 4:30	Y Summer Camp 3:30 - 4:30	Y Summer Camp 3:30 - 4:30	Senior Swim 2:00 - 4:00	Open Swim 1:00 - 3:00	Open Swim 12:00 - 1:45 (Or Pool Rental)	
3:30								
4:00	Open Swim 4:30 - 5:00	Open Swim 4:30 - 5:30	Open Swim 4:30 - 5:30	Open Swim 4:30 - 5:30	Open Swim 4:00 - 6:00 (Or Pool Rental)	Open Swim 3:00 - 4:45 (Or Pool Rental)	YMCA Closed @ 2	
4:30								
5:00	Social Infant Swim 5:00 - 5:30	Pre/Post Natal 5:30 - 6:15	Pike 5:30 - 6:00	Pre/Post Natal 5:30 - 6:15	Open Swim 4:00 - 6:00 (Or Pool Rental)	Open Swim 3:00 - 4:45 (Or Pool Rental)	YMCA Closed @ 5	
5:30	Parent Pike 5:30 - 6:00							
6:00	Ray / Starfish 6:00 - 6:30	Water Aerobics 6:30 - 7:30	Eel 6:00 - 6:30	Pre/Post Natal 5:30 - 6:15	Family Swim 6:00 - 8:00 (Or Pool Rental)	Open Swim 3:00 - 4:45 (Or Pool Rental)	YMCA Closed @ 5	
6:30	Open Swim 6:30 - 8:45							
7:00		Open Swim 6:30 - 8:45	Water Aerobics 6:30 - 7:30	Open Swim 6:30 - 8:45	Family Swim 6:00 - 8:00 (Or Pool Rental)			
7:30								
8:00		Open Swim 7:30 - 8:45	Open Swim 6:30 - 8:45	Open Swim 7:30 - 8:45	Open Swim 8:00 - 8:45			
8:30								

Please note: This pool schedule may change. please call Member Services at 862-9622 for any schedule changes.