



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# POOL SCHEDULE

OTTAWA YMCA

**AUGUST 2019**

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
5:30 AM	BUILDING CLOSED	Lap Swim 5:30-9:00		Lap Swim 5:30-9:00	Lap Swim 6:00-9:00	Lap Swim 5:30-9:00	BUILDING CLOSED			
6:00 AM										
6:30 AM										
7:00 AM							Lap Swim 7:30-9:00			
7:30 AM			Lap Swim 6:00-9:00							
8:00 AM										
8:30 AM										
9:00 AM								Tadpole Lessons 9:00-9:30		
9:30 AM								Preschool Lessons 9:35-10:05		
10:00 AM			Aqua Zumba 10:00-10:45	Water Exercise 10:00-10:45	Water Exercise 10:00-10:45	Water Exercise 10:00-10:45	Water Exercise 10:00-10:45	Progressive Lessons 10:10-10:40		
10:30 AM										
11:00 AM		Open / Lap Swim 11:00-12:00	Open / Lap Swim 11:00-12:00	Open / Lap Swim 11:00-12:00	Open / Lap Swim 11:00-12:00 Preschool Camp 11:30-12:00	Open / Lap Swim 11:00-12:00	Family Open Swim 10:45-3:30			
11:30 AM										
12:00 PM		Lap Lanes 12:00-1:00	Lap Lanes 12:00-1:00	Lap Lanes 12:00-1:00	Lap Lanes 12:00-1:00	Lap Lanes 12:00-1:00				
12:30 PM		Preschool Camp 12:30-1:00	Preschool Camp 12:30-1:00	Preschool Camp 12:30-1:00	Preschool Camp 12:30-1:00	Preschool Camp 12:30-1:00				
1:00 PM	Family Open Swim 1:00-4:00	Open / Lap Swim 1:00-2:30	Open / Lap Swim 1:00-2:30	Open / Lap Swim 1:00-2:30	Open / Lap Swim 1:00-2:30	Open / Lap Swim 1:00-2:30				
1:30 PM										
2:00 PM										
2:30 PM			Scouts/Trek/YL 2:30-3:15	Scouts/Trek/YL 2:30-3:15	Scouts/Trek/YL 2:30-3:15	Scouts/Trek/YL 2:30-3:15		Scouts/Trek/YL 2:30-3:15		
3:00 PM										
3:30 PM		Exp / Rov 3:30-4:15	Exp / Rov 3:30-4:15	Exp / Rov 3:30-4:15	Exp / Rov 3:30-4:15	Exp / Rov 3:30-4:15				
4:00 PM										
4:30 PM										
5:00 PM	BUILDING CLOSED	Family Open Swim 5:30-8:30		Family Open Swim 5:30-8:30		Family Open Swim 5:30-7:30	BUILDING CLOSED			
5:30 PM					Aqua Bootcamp 5:45-6:30				Aqua Zumba 5:45-6:30	
6:00 PM										
6:30 PM										
7:00 PM					Family Open Swim 6:35-8:30				Family Open Swim 6:35-8:30	
7:30 PM										
8:00 PM										
8:30 PM										
8:30 PM								Building Closed		
9:00 PM			Building Closed	Building Closed	Building Closed	Building Closed				