



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# POOL SCHEDULE

OTTAWA YMCA

JANUARY 2019

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday					
5:30 AM	<b>BUILDING CLOSED</b>	Lap Swim 5:30-9:00	Lap Swim 6:00-9:00	Lap Swim 5:30-9:00	Lap Swim 6:00-9:00	Lap Swim 5:30-9:00	<b>BUILDING CLOSED</b>					
6:00 AM												
6:30 AM												
7:00 AM												
7:30 AM												
8:00 AM												
8:30 AM												
9:00 AM								Preschool Lessons 9:00-9:25		Preschool Lessons 9:00-9:25	Preschool Lessons 9:00-9:30	Home School Swim 9:00-9:45
9:30 AM	Preschool Lessons 9:25-9:50		Preschool Lessons 9:25-9:50			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	Water Exercise 10:00-10:45	Progressive Lessons 10:10-10:40					
10:30 AM	Open / Lap Swim Preschool Lessons 11:20-11:45 Open / Lap Swim	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	Open / Lap Swim 11:00-12:00	<b>Family Open Swim</b> 10:45-3:30					
11:00 AM												
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	<b>Family Open Swim</b> 1:00-4:00	Open / Lap Swim 1:00-3:00	Open / Lap Swim 1:00-3:00	Open / Lap Swim 1:00-3:00	Open / Lap Swim 1:00-3:00	Open / Lap Swim 1:00-3:00						
1:00 PM												
1:30 PM												
2:00 PM												
2:30 PM	<b>BUILDING CLOSED</b>	Swim Team 3:45-7:00	Swim Team 3:45-5:30	Swim Team 3:45-7:00	Swim Team 3:45-5:30	Swim Team 4:30-6:15	<b>BUILDING CLOSED</b>					
3:00 PM												
3:30 PM								ASP Swim 3:30-4:15				
4:00 PM												
4:30 PM								Preschool Lessons 5:30-6:00	Preschool Lessons 5:30-6:00	Swim Team 4:30-6:15		
5:00 PM								Progressive Lessons 6:00-6:30	Progressive Lessons 6:00-6:30			
6:00 PM								Aqua Zumba 6:35-7:20	Aqua Zumba 6:35-7:20	Family Open Swim 6:15-7:30		
6:30 PM								Family Open Swim 7:00-8:30	Family Open Swim 7:30-8:30	Family Open Swim 7:00-8:30	Family Open Swim 7:30-8:30	
7:00 PM												
7:30 PM												
8:00 PM												
8:30 PM						Building Closed						
9:00 PM		Building Closed	Building Closed	Building Closed	Building Closed							