



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# POOL SCHEDULE

OTTAWA YMCA

JUNE 2019

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
5:30 AM	<b>BUILDING CLOSED</b>	<b>Lap Swim</b> 5:30-8:45		<b>Lap Swim</b> 5:30-8:45	<b>Lap Swim</b> 6:00-8:45	<b>Lap Swim</b> 5:30-9:00	<b>BUILDING CLOSED</b>	
6:00 AM								
6:30 AM								
7:00 AM							<b>Lap Swim</b> 7:30-9:00	
7:30 AM								
8:00 AM								
8:30 AM								
9:00 AM			<b>Skipper Lessons</b> 8:45-9:15	<b>Skipper Lessons</b> 8:45-9:15	<b>Skipper Lessons</b> 8:45-9:15	<b>Skipper Lessons</b> 8:45-9:15	Available for private swim lessons	<b>Tadpole Lessons</b> 9:00-9:30
9:30 AM		<b>Progressive Lessons</b> 9:20-9:50	<b>Progressive Lessons</b> 9:20-9:50	<b>Progressive Lessons</b> 9:20-9:50	<b>Progressive Lessons</b> 9:20-9:50			<b>Skipper Lessons</b> 9:35-10:05
10:00 AM			<b>Aqua Zumba</b> 10:00-10:45	<b>Water Exercise</b> 10:00-10:45	<b>Aqua Zumba</b> 10:00-10:45	<b>Water Exercise</b> 10:00-10:45	<b>Water Exercise</b> 10:00-10:45	<b>Progressive Lessons</b> 10:10-10:40
10:30 AM								
11:00 AM		<b>Open / Lap Swim</b> 11:00-12:00	<b>Open / Lap Swim</b> 11:00-12:00	<b>Open / Lap Swim</b> 11:00-12:00	<b>Open / Lap Swim</b> 11:00-11:30	<b>Open / Lap Swim</b> 11:00-12:00	<b>Family Open Swim</b> 10:45-3:30	
11:30 AM					<b>Preschool Camp</b> 11:30-12:00			
12:00 PM		<b>Lap Lanes</b> 12:00-1:00	<b>Lap Lanes</b> 12:00-1:00	<b>Lap Lanes</b> 12:00-1:00	<b>Lap Lanes</b> 12:00-1:00	<b>Lap Lanes</b> 12:00-1:00		
12:30 PM								
1:00 PM	<b>Family Open Swim</b> 1:00-4:00	<b>City Rec Lessons</b> 1:00-1:30 (begins 6/10)	<b>City Rec Lessons</b> 1:00-1:30 (begins 6/10)	<b>City Rec Lessons</b> 1:00-1:30 (begins 6/10)	<b>City Rec Lessons</b> 1:00-1:30 (begins 6/10)	<b>City Rec Lessons</b> 1:00-1:30 (begins 6/10)		
1:30 PM		<b>Open / Lap Swim</b> 1:30-2:30	<b>Open / Lap Swim</b> 1:30-2:30	<b>Open / Lap Swim</b> 1:30-2:30	<b>Open / Lap Swim</b> 1:30-2:30	<b>Open / Lap Swim</b> 1:30-2:30		
2:00 PM		<b>Scouts/ Trek/ YL</b> 2:30-3:15	<b>Scouts/ Trek/ YL</b> 2:30-3:15	<b>Scouts/ Trek/ YL</b> 2:30-3:15	<b>Scouts/ Trek/ YL</b> 2:30-3:15	<b>Scouts/ Trek/ YL</b> 2:30-3:15		
2:30 PM		<b>Exp / Rov</b> 3:30-4:15	<b>Exp / Rov</b> 3:30-4:15	<b>Exp / Rov</b> 3:30-4:15	<b>Exp / Rov</b> 3:30-4:15	<b>Exp / Rov</b> 3:30-4:15		
3:00 PM								
3:30 PM								
4:00 PM								
4:30 PM		Available for private swim lessons	Available for private swim lessons	Available for private swim lessons	Available for private swim lessons	Available for private swim lessons		
5:00 PM								
5:30 PM	<b>BUILDING CLOSED</b>	<b>Family Open Swim</b> 5:30-8:30	<b>Aqua Zumba</b> 5:45-6:30	<b>Family Open Swim</b> 5:30-8:30	<b>Aqua Zumba</b> 5:45-6:30	<b>Family Open Swim</b> 5:30-7:30	<b>BUILDING CLOSED</b>	
6:00 PM								
6:30 PM			<b>Family Open Swim</b> 6:35-8:30		<b>Family Open Swim</b> 6:35-8:30	<b>Family Open Swim</b> 6:35-8:30		
7:00 PM								
7:30 PM								
8:00 PM								
8:30 PM						<b>Building Closed</b>		
9:00 PM		<b>Building Closed</b>	<b>Building Closed</b>	<b>Building Closed</b>	<b>Building Closed</b>			