



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# POOL SCHEDULE

OTTAWA YMCA

MARCH 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 5:30-9:00	BUILDING CLOSED
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		
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	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	Family Open Swim 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							
1:00 PM	Family Open Swim 1:00-4:00	2nd Grade Swim 1:00-2:00 (ends 3/18)	Open / Lap Swim 1:00-3:00	Open / Lap Swim 1:00-3:00	2nd Grade Swim 1:00-2:00 (ends 3/7)	Open / Lap Swim 1:00-3:00	
1:30 PM							
2:00 PM			Open / Lap Swim 2:00-3:00		Open / Lap Swim 2:00-3:00		
2:30 PM							
3:00 PM							
3:30 PM						ASP Swim 3:30-4:15	
4:00 PM		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	BUILDING CLOSED
4:30 PM			Preschool Lessons 5:30-6:00				
5:00 PM			Progressive Lessons 6:00-6:30			Progressive Lessons 6:00-6:30	
5:30 PM			Aqua Boot Camp 6:35-7:20			Aqua Zumba 6:35-7:20	
6:00 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	Family Open Swim 6:15-7:30	
6:30 PM							
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		