

## QUINCY FAMILY YMCA POOL SCHEDULE Spring I Session February 27 - April 22, 2012

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30	5:30 - 7:15 am	5:30 - 8:15 am	5:30 - 7:15 am	5:30 - 8:15 am	5:30 - 7:15 am	<b>Open at 7:00 am</b>	
7:00	<b>Lap Swimming Only</b>						
7:30	7:30 - 10:30 am <b>Deep End Laps</b>		7:30 - 10:30 am <b>Deep End Laps</b>		7:30 - 10:30 am <b>Deep End Laps</b>	7:00 - 8:00 am <b>Lap Swim Only</b>	
7:30	7:30 - 8:30 am <b>Aqua Aerobics</b>		7:30 - 8:30 am <b>Aqua Aerobics</b>		7:30 - 8:30 am <b>Aqua Aerobics</b>		
8:30	8:30 - 9:30 am <b>HydroTone</b>	8:30 - 9:30 am <b>Dick's Dolphins</b>	8:30 - 9:30 am <b>HydroTone</b>	8:30 - 9:30 am <b>Dick's Dolphins</b>	8:30 - 9:30 am <b>Volleyball</b>	8:00 - 9:00 am Open Swim & Full Length Laps	
9:30	9:30 - 10:30 am <b>Open Water Exercise &amp; Half Laps</b>	9:30 - 10:30 am <b>Aqua Jog (deep)</b> <i>Early Childhood (shallow)</i>	9:30 - 10:30 am <b>Stretch &amp; Flex</b>	9:30 - 10:30 am <b>Aqua Jog</b>	9:30 - 10:30 am <b>Open Water Exercise &amp; Deep End Laps</b>	9:00 - 10:00 <b>Masters Swim/ Full Length Laps</b>	
10:00	10:30 - 11:45 am <b>Open Swim &amp; Full Length Laps</b>	10:30 - 11:45 am <b>Open Swim &amp; Full Length Laps</b>	10:30 - 11:45 am Open Swim & Full Length Laps	10:30 - 11:45 am <b>Preschool &amp; Open &amp; FL Laps</b>	10:30 - 11:45 am Open Swim & Full Length Laps	10:00 - 12:00pm <b>Youth and Adult Swim Lessons*, No Open Swim</b>	<b>Open at 10</b> 10 - 12 am <b>Open Swim and Full Length Laps</b>
11:45	11:45 am - 12:45 pm <b>Lap Swimming Only</b>					Noon - 1:00 pm <b>Lap Swimming (&amp; T.O.W*)</b>	12 - 1pm <b>Lap Swim Only</b>
12:45	12:45 - 1:45 pm <b>Open Swim &amp; Full Length Laps</b>						
1:45	1:45 - 3:00 pm <b>Deep End Laps</b>	1:45 - 5:45 pm <b>Open Swim &amp; Full Length Laps</b>	1:45 - 3:00 pm <b>Deep End Laps</b>	1:45 - 5:00 pm <b>Open Swim &amp; Full Length Laps</b>	1:45 - 3:00 pm <b>Deep End Laps</b>	1 - 5 pm <b>Family Swim &amp; Full Length Laps</b>	1 - 5 pm <b>Family Swim &amp; Full Length Laps</b>
1:45	1:45 - 2:45 pm <b>Older Adult Water Exercise</b>		1:45 - 2:45 pm <b>Older Adult Water Exercise</b>	1:00p-3:00p <b>Home School Group in part of Pool</b>	1:45 - 2:45 pm <b>Older Adult Water Exercise</b>		
3:00		<i>1:15-2:15 pm Early Childhood lessons in shallow end</i>	3:00 - 5:15 pm <b>Open Swim &amp; Full Length Laps</b>			<b>Off-Site Class Illinois Veteran's Home Arthritis Class 9:30 - 10:30 am Mon, Tues, Wed, Fri</b>	
4:00	3:00 - 5:45 pm <b>Open Swim &amp; Laps</b>		5:15 - 6:15 pm <b>Water Boot Camp*</b>	5:00 - 6:00 pm <b>Aqua Jog</b>			
5:15	6:00 - 7:00 pm <b>Aqua Jog</b>	6:00 - 7:30 pm <b>Youth Swim Lessons (No Open Swim)</b>	6:00 - 7:00 pm <b>Aqua Jog</b>	6:00 - 7:30 pm <b>Youth Swim Lessons (No Open Swim)</b>	3:00 - 9:00 pm <b>Open Swim &amp; Full Length Laps</b>		
6:00	6:00 - 7:00 pm <b>Shallow End Half Laps</b>		6:00 - 7:00 pm <b>Shallow End Half Laps</b>				
7:00	7:00 - 9:00 pm <b>Open Swim &amp; Full Length Laps</b>	7:30 - 9:00 pm <b>Open Swim &amp; Full Length Laps</b>	7:00 - 9:00 pm <b>Open Swim &amp; Full Length Laps</b>	7:30 - 9:00 pm <b>Open Swim &amp; Full Length Laps</b>			
7:30							
9:00	<b>Closed</b>	<b>Closed</b>	<b>Closed</b>	<b>Closed</b>	<b>Closed</b>		

**Deep End Laps** - Swimming in deep end only (during shallow water classes).  
**Open Swim & Full Length Laps** - Two or three lap lanes open for lap swim, rest of pool open for family and open swim.  
**Swim Lessons** - Please note, there are no open swim or laps during swim lessons. Classes with an \* are specialty classes, which may or may not run depending on enrollment. Please check the Front Desk for details.  
**Shallow End Half Laps** - Shallow end swim (during deep end classes). Rev2/9/12DG