

QUINCY FAMILY YMCA POOL SCHEDULE Winter Session January 2 - February 26, 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	Open at 7:00 am	
7:00	Lap Swimming Only						
7:30	7:30 - 10:30 am Deep End Laps		7:30 - 10:30 am Deep End Laps		7:30 - 10:30 am Deep End Laps	7:00 - 8:00 am Lap Swim Only	
7:30	7:30 - 8:30 am Aqua Aerobics		7:30 - 8:30 am Aqua Aerobics		7:30 - 8:30 am Aqua Aerobics		
8:30	8:30 - 9:30 am HydroTone	8:30 - 9:30 am Dick's Dolphins	8:30 - 9:30 am HydroTone	8:30 - 9:30 am Dick's Dolphins	8:30 - 9:30 am Volleyball	8:00 - 9:00 am Open Swim & Full Length Laps	
9:30	9:30 - 10:30 am Open Water Exercise & Half Laps	9:30 - 10:30 am Aqua Jog (deep) <i>Early Childhood (shallow)</i>	9:30 - 10:30 am Stretch & Flex	9:30 - 10:30 am Aqua Jog	9:30 - 10:30 am Open Water Exercise & Deep End Laps	9:00 - 10:00 Masters Swim/ Full Length Laps	
10:00	10:30 - 11:45 am Open Swim & Full Length Laps	10:30 - 11:45 am Open Swim & Full Length Laps	10:30 - 11:45 am Open Swim & Full Length Laps	10:30 - 11:45 am Preschool & Open & FL Laps	10:30 - 11:45 am Open Swim & Full Length Laps	10:00 -12:00pm Youth and Adult Swim Lessons, No Open Swim	Open at 10 10 -12 am Open Swim and Full Length Laps
10:30	11:45 am - 12:45 pm Lap Swimming Only					Noon - 1:00 pm Lap Swimming (& T.O.W)	12 - 1pm Lap Swim Only
11:45	12:45 - 1:45 pm Open Swim & Full Length Laps						
12:45	1:45 - 3:00 pm Deep End Laps	1:45 - 5:45 pm Open Swim & Full Length Laps	1:45 - 3:00 pm Deep End Laps	1:45 - 5:00 pm Open Swim & Full Length Laps	1:45 - 3:00 pm Deep End Laps	1 - 5 pm Family Swim & Full Length Laps	1 - 5 pm Family Swim & Full Length Laps
1:45	1:45 - 2:45 pm Older Adult Water Exercise		1:45 - 2:45 pm Older Adult Water Exercise	1:00p-3:00p Home School Group in part of Pool	1:45 - 2:45 pm Older Adult Water Exercise		
3:00	3:00 - 5:45 pm Open Swim & Laps	1:15-2:15 pm <i>Early Childhood lessons in shallow end</i>	3:00 -5:15 pm Open Swim & Full Length Laps			Off-Site Class Illinois Veteran's Home Arthritis Class 9:30 - 10:30 am Mon, Tues, Wed, Fri	
4:00			5:15 - 6:00 pm Open Water Exercise	5:00 - 6:00 pm Aqua Jog			
5:15	6:00 - 7:00 pm Aqua Jog	6:00 - 7:30 pm Youth Swim Lessons (No Open Swim)	6:00 - 7:00 pm Aqua Jog	6:00 - 7:30 pm Youth Swim Lessons (No Open Swim)	3:00 -9:00 pm Open Swim & Full Length Laps		
6:00	6:00 - 7:00 pm Shallow End Half Laps		6:00 - 7:00 pm Shallow End Half Laps				
6:00	7:00 - 9:00 pm Open Swim & Full Length Laps	7:30 - 9:00 pm Open Swim & Full Length Laps	7:00 - 9:00 pm Open Swim & Full Length Laps	7:30 - 9:00 pm Open Swim & Full Length Laps			
7:00	Closed	Closed	Closed	Closed	Closed		
7:30							
9:00							

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.

Youth Swim Lessons - Please note, there is no open swim or laps during swim lessons.

Shallow End Half Laps - Shallow end swim (during deep end classes).

Rev12/16DG