



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

## **POOL SCHEDULE UPDATED JANUARY 2017**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
5:30A-6:30A Open/lap Swim <b>Deep water</b> 5:45-6:30A	6:00A-9:00A Open/lap Swim <b>Deep Water Toning</b> 6:00-6:45A	5:30A-6:30A Open/lap Swim <b>Deep Water</b> 5:45-6:30A	6:00A-9:00A Open/lap Swim <b>Deep Water Toning</b> 6:00-6:45A	5:30A-6:30A Open/lap Swim <b>Deep Water</b> 5:45-6:30A	9:00A-2:30P Open/lap Swim	1:00P-3:30P Open/lap Swim
6:30A-7:15A <b>Water Mobility Closed/No lap</b>		6:30A-7:15A <b>Water Mobility Closed/No lap</b>		6:30A-7:15A <b>Water Mobility Closed/No lap</b>	<b>9:00A-10:30A Swim Lessons Lap swim</b>	
7:15A-8:00A Open/lap Swim		7:15A-8:00A Open/lap Swim		7:15A-8:00A Open/lap Swim		
8:00A-8:45A <b>Water Mobility</b> Closed/No lap		8:00A-8:45A <b>Water Mobility</b> Closed/No lap		8:00A-8:45A <b>Water Mobility</b> Closed/No lap		
9:00A-10:00A <b>Aqua Zumba/ Aqua Cardio</b> (One lane open for lap swim)	9:00A-9:45A <b>Aqua Zumba (ONE Lane open for lap swim)</b>	9:00A-9:30A <b>Aqua Zumba/ Aqua Cardio</b> 9:30-10:00 A <b>Water Toning</b> (One lane open for lap swim)	9:00A-10:00A <b>Water Tabata</b> (One lane open for lap swim)	9:00A-9:55 A <b>Aqua Zumba/ Aqua Cardio</b> (One lane open for lap swim)		
10:00A-11:00A <b>Swim Lessons Lap swim</b>	10:00A-11:00A <b>Water Stretch Class Pool Closed</b>	10:00A-11:00A <b>Swim Lessons Lap Swim</b>	10:00A-11:00A <b>Water Stretch Class Pool Closed</b>	10:00A-11:00A <b>Water Works Class Pool Closed</b>		
11:00A-2:00P <b>Open Swim- Two lanes open swim / St. Vincent Physical Therapy Two Lanes</b>	11:00A-12:00P Open Swim Time	11:00A-12:00P <b>Open Swim- Two lanes open swim / St. Vincent Physical Therapy Two Lanes</b>	11:00A-12:00P Open Swim Time			
2:00P-5:00P Open Swim	2:00P-5:00P Open Swim	2:00P-5:00P Open Swim	2:00P-5:00P Open Swim	11:50A-6:00P Open Swim		
5:00P-6:00P Swim Lessons	5:00P-6:00P Open Swim	5:00-6:00pm Open Swim	5:00P-6:00P Swim Lessons			
6:00P-7:00P Open Swim	6:30P-7:30P Water Fitness	6:00P-7:00P Open Swim	6:30P-7:30P Aqua Boot Camp			
7:00P-8:00P Open Swim	7:30P-8:00P Open Swim	7:00P-8:00P Open Swim	7:30P-8:00P Open Swim			

### **Clinton County Family YMCA**

950 South Maish Road, Frankfort, IN 46041

**P** 765 654 9622 **F** 765 654 5076 [www.ccfymca.net](http://www.ccfymca.net)