



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POOL SCHEDULE

YMCA of the Coosa Valley

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
<p>Schedule Begins: Jan 1st-last day of school</p> <p>Pool Hours: Mon-Thurs-5:30am-8:30pm Fri-5:30am-6:45pm (7:45pm after 3-13-16) Sat-6:45am-2:30pm Sun- 1:30pm-4:30pm</p> <p>Lap/Walk Swimming 3 lanes open 2 lanes combined for treading water and water exercises</p> <p>Deep Water Volleyball 2 lanes open Tuesday 2 lanes open Thursday</p> <p>Gadsden Therapeutic 2 lanes open</p> <p>Special Olympics 1 lane open</p> <p>Open Swim A fun and enjoyable time for the entire family 2 lanes open</p> <p>Lap lanes will not be available during water aerobics & aqua zumba classes with 12 or more participants</p>	5:30-9:00 Dedicated Lap/Walk	5:30-9:00 Lap/Walk Swimming	5:30-9:00 Lap/Walk Swimming	5:30-9:00 Lap/Walk Swimming	5:30-9:00 Lap/Walk Swimming	6:45-8:15 Lap/Walk Swimming		
						8:15-8:55 Aqua Zumba 2 lanes open		
	9:00-10:00 Water Aerobics	9:00-10:00 Deep Water Volleyball 2 lanes open	9:00-10:00 Water Aerobics	9:00-10:00 Special Olympics 1 lane open	9:00-10:00 Water Aerobics	9:00-9:45 Swim Lessons Lap/Walk (1)		
	10:00-11:00 Joint Ventures Arthritis	10:00-11:00 Gadsden Therapeutic	10:00-11:00 Joint Ventures Arthritis	10:00-11:00 Deep Water Volleyball 2 lanes open	10:00-11:00 Joint Ventures Arthritis	9:45-2:30 Open/Parties Lap/Walk (1)		
	11:00-12:00 Lunch H2O Class	11:00-12:00 Open 2 lanes open	11:00-12:00 Lunch H2O Class	11:00-12:00 Open 2 lanes open	11:00-12:00 Lunch H2O			
	12:00-1:00 Lap/Walking	12:00-1:00 Lap/Walking	12:00-1:00 Lap/Walking	12:00-1:00 Lap/Walking	12:00-1:00 Lap/Walking			
	1:00-2:15 Open 3 lanes open	1:00-2:15 Open 3lanes open	1:00-2:15 Open 3 lanes open	1:00-2:15 Lessons 3 lanes open	1:00-2:15 Open 3 lanes open			1:30-4:00 Open 2 lanes open
	2:15-3:30 Gadsden HS	2:15-3:30 Gadsden HS Swim Team	2:15-3:30 Gadsden HS Swim Team	2:15-3:30 Gadsden HS Swim Team	2:15-3:30 Gadsden HS Swim Team	2:15-3:30 Gadsden HS Baseball Team		
	3:30-5:30 Swim Team	3:30-5:30 Swim Team	3:30-5:30 Swim Team	3:30-5:30 Swim Team	3:30-5:30 Swim Team	3:30-5:30 Swim Team		
	5:30-6:15 Swim Lessons	5:45-6:45 Water Aerobics	5:30-8:30 Open 2 lanes open	5:30-6:25 Aqua Zumba	5:30-6:45 Open 2 lanes open			
	6:15-8:30 Open	6:45-8:30 Open 2 lanes open		6:30-8:30 Open 2 lanes open				

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