

PHILLIPS YMCA POOL SCHEDULE AS OF AUGUST 3, 2009

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 – 7:23 AM		LAP SWIM		LAP SWIM		
6:15 – 7:00 AM	H2O AEROBICS		H2O AEROBICS		H2O AEROBICS	
7:20 – 8:10 AM						
8:30-9:25 A.M.	SR. H2O	PARKINSON	SR. H2O	PARKINSON	SR. H2O	
9:00 to 10:00 AM						H2O AEROBICS
9:30-10:30 A.M.	SR. AQUATICS	SR. AQUATICS	SR. AQUATICS	SR. AQUATICS	SR. AQUATICS	
10:05 – 11:55 AM						FAMILY SWIM
10:35 – 11:25 AM		SCHOOL SWIM		SCHOOL SWIM		
11:30 – 1:30 PM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	
12:00 – 1:30 PM						LAP SWIM
1:35 – 4:30 PM						REC. SWIM
1:35 – 3:30 PM						B-DAY PARTY
3:30 – 5:30 PM	SWIM TEAM	SWIM TEAM	SWIM TEAM	SWIM TEAM	SWIM TEAM	
5:35 – 6:20 - PM	AQUA FITNESS	<i>DEEP WATER</i>	AQUA FITNESS	<i>DEEP WATER</i>	AQUA FITNESS	
6:25 – 8:30 PM	FAMILY SWIM	LAP SWIM	FAMILY SWIM	LAP SWIM	FAMILY SWIM	



NO LAP SWIM DURING FAMILY SWIM

