

ALBANY AREA YMCA INDOOR POOL SCHEDULE Winter 2012

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:00-6:00 AM	Swim Team 5:00-7:00 AM	Swim Team 5:00-7:00 AM	Swim Team 5:00-7:00 AM	Swim Team 5:00-7:00 AM	Swim Team 5:00-7:00 AM	Swim Team 7:30-10:30 AM		
6:00-8:00 AM	Open Swim 3 Lanes Available							
8:00-9:00 AM	Water Aerobics 8:15-9:00 AM	Water Aerobics 8:15-9:00 AM	Open Swim	Water Aerobics 8:15-9:00 AM	Open Swim			
9:00-10:00 AM	PK Swim Lessons 9:15-10:00	Open Swim	PK Swim Lessons 9:15-10:00	Open Swim	Open Swim	Pool Opens 9:00 AM		
10:00-11:00 AM	Water Aerobics 10:15-11:00 AM	Open Swim	Water Aerobics 10:15-11:00 AM	Open Swim	Water Aerobics 10:15-11:00 AM	\$ Swim Lessons 9:30-11:30		
11:00 AM-12:00 PM	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim 11:30-5:00		
12:00-1:00 PM	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim 11:30-5:00		Pool Opens 2:00 PM
1:00-2:00 PM	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim 11:30-5:00		Open Swim 2:00-5:30
2:00-3:00 PM	Open Swim	Aqua Zumba 2:00-2:45 PM	Open Swim	Aqua Zumba 2:00-2:45 PM	Open Swim	Open Swim 11:30-5:00		Open Swim 2:00-5:30
3:00-5:00 PM	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim 11:30-5:00		Open Swim 2:00-5:30
4:00-6:00 PM	Swim Team	Swim Team	Swim Team	Swim Team	Swim Team	Open Swim 11:30-5:00	Open Swim 2:00-5:30	
5:00-7:00 PM	Water Aerobics 6:00-6:45 PM	\$Swim Lessons 5:30-7:30	Water Aerobics 6:00-6:45 PM	\$Swim Lessons 5:30-7:30	Open Swim	YMCA POOL Closes at 5:00 PM on Saturday	YMCA Pool Closes at 5:30 PM on Sunday	
7:00-8:00 PM		Open Swim		Open Swim	YMCA POOL Closes at 7:30 PM			
*Youth 10 & under must be accompanied by an adult in the pool area. Non-swimmers and children who require the use of a flotation device must have an adult in the pool.								
*Youth 11 to 12 may swim in the indoor pool when legal guardians are in the building. Unsupervised youth 13 and under must pass a swim test.								
*NOTE: 1-3 LAP LANES AT ALL TIMES.					\$ Additional fee required		1/10/2012	