



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POOL SCHEDULE

MILLS COUNTY YMCA - 110 Sivers Road Glenwood, Iowa 51534

Fall Two November 1st - December 10th

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Open Swim 12-3PM	<u>Lap Swim</u> 5AM - 6:15AM	<u>Lap Swim</u> 5AM - 6:15AM	<u>Lap Swim</u> 5AM - 6:15AM	<u>Lap Swim</u> 5AM - 6:15AM	<u>Lap Swim</u> 5AM - 6:15AM	Open Swim 8am - 3:30pm	
	<u>Aquacise</u> AMI 6:15-7AM 1 Lap Lane Open Rec Side Open	No H2O Exercise Pool Open Lap Lanes Open	<u>Aqua Cardio</u> KATHY 6:15-7AM Lap Lane Open Rec Side Open	<u>Aqua Piyo</u> KATHY 6:15-7AM Lap Lane Open Rec Side Open	<u>Aquacise</u> AMI 6:15-7AM Lap Lane Open Rec Side Open		
	Pool Closed 7AM to 7:20AM	Pool Closed 7AM to 7:20AM	Pool Closed 7AM to 7:20AM	Pool Closed 7AM to 7:20AM	Pool Closed 7AM to 7:20AM		
	Open Swim 7:20— 11:30AM	Open Swim 7:20 - 11:30AM	Open Swim 7:20— 11:30AM	Open Swim 7:20 - 11:30AM	Open Swim 7:20— 11:30AM		
	<u>Aqua Joints</u> 8-8:45am <u>OWLS</u> 8:45-9:30am 1Lap Lane Open Rec Side Open		<u>Aqua Joints</u> 8-8:45am <u>OWLS</u> 8:45-9:30am 1Lap Lane Open Rec Side Open		<u>Aqua Joints</u> 8-8:45am <u>OWLS</u> 8:45-9:30am 1Lap Lane Open Rec Side Open		
	ADULT SWIM 11:30AM-12:30PM **WATER WALKING ON LAP SIDE** Pool Closed 12:30PM - 3:30PM						
	Swim Team 3:30-5:30PM	Swim Team 3:30-5:00PM	Swim Team 1:30-3:30PM	Swim Team 3:30-5:30PM	Open Swim 3:30 - 7:00PM Open Rec Side 3:30 - 7:00PM Open Lap Lanes 3:30—7:00PM		
	Open Rec Side 3:30 - 8:00PM Open Lap Lanes 5:30 - 8:00PM	Open Rec Side 3:30 - 5:30PM	Open Swim 3:30 - 8:00PM Open Rec Side 3:30 - 8:00PM	Open Swim 5:30 - 8:00PM Open Rec Side 3:30 - 8:00PM			
	<u>Aqua Variety</u> KRIS 6:00-7:00PM 1 Lap Lane Open Rec Side Open	<u>Swimming</u> <u>Lessons</u> Pool Closed 5:30 - 7:00PM	Open Lap Lanes 3:30—8:00PM	Open Lap Lanes 5:30—8:00PM			
	Lap Lanes 6:30- 8PM	Open Swim 7:00 - 8:00PM					