



POOL AND WATER AEROBICS SCHEDULE

SARPY YMCA HOLIDAY DECEMBER 18, 2011-DEC 24TH, 2011

Pool Schedule

Holiday 2011

Schedule is subject to change

Multiple activities are often scheduled in this pool at the same time.

The pool will be closed the following date:

January 13th – closed at 5:30 for a private party

PLEASE JOIN US FOR FAMILY EXTRAVAGANZA

January 20th and February 17th

The pool will close at 5:30 and will reopen during the evening for open swim

Swimming will be available from 6:15-7:15 and 7:30-8:30. Wristbands will be given at check in. Sign your family up online or at the Welcome Center

The Sarpy YMCA Holiday Hours will be:
 Dec 24th 7am -2pm
 Dec 25th Closed
 Dec 31st 7am – 5pm
 Jan 1st 12pm-6pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-8:45 Adult Lap Swim/H2O walking (all lanes)	5:00-8:00 Adult Lap Swim/H2O walking (all lanes)	5:00-8:00 Adult Lap Swim/H2O walking (all lanes)	5:00-8:00 Adult Lap Swim/H2O walking (all lanes)	5:00-8:45 Adult Lap Swim/H2O walking (all lanes)	7:00-8:00 Adult Lap Swim/ H2O walking (all lanes)	
					8:00-9:00 1 Lap Lane available	
8:45-9:30 <u>Aquacise</u> KATHY 9:30-10:15 <u>Deep Water</u> KATHY	8:00-8:45 <u>Aquacise</u> BARB 9:00-9:45 <u>Silver Splash</u> TARA	8:00-8:45 <u>Aquacise</u> BARB 9:00-9:45 <u>Deep Water</u> KATHY	8:00-8:45 <u>Aquacise</u> BARB 9:00-9:45 <u>Silver Splash</u> TARA	8:45-9:30 <u>Aquacise</u> KATHY 9:30-10:15 <u>Deep Water</u> KATHY	8:00-8:45 <u>Shallow</u> <u>Water Ex</u> ERIN <u>Deep</u> <u>Water Ex</u> RHONDA	
10:15-5:00 Adult Lap Swim	10:00-4:30 Adult Lap Swim	10:00-5:00 Adult Lap Swim	10:00-2:00 Adult Lap Swim	10:15-4:30 Adult Lap Swim	9:00-1:00 Lap Swim All lanes	
		5:00-6:30 (1 lane)			9:00-1:00 Open Swim	
9:30-3:00 Water Walking	9:45-3:00 Water Walking	9:00-3:00 Water Walking	9:45-3:00 Water Walking	9:30-3:00 Water Walking		
<div style="border: 1px solid black; padding: 5px;"> Water Walking is available in the slide area. 1 lap lane will be available as needed. </div>						
10:00-6:00 Open Swim	10:00-8:30 Open Swim	10:00-6:15 Open Swim	10:00-8:30 Open Swim	10:00-6:00 Open Swim		
<div style="border: 1px solid black; padding: 5px;"> The slide area is reserved for water walkers until 3 PM. Deep Water test will not be available before 3 pm unless the youth is swimming laps. Preschool swim lessons are offered m/w between 11:00 – 2:00 Starting Jan 4th. See front desk for registration information. </div>						
						12:00 – 4:15 Open Swim
5:00-6:00 Swim Team	4:30-6:00 Swim Team	5:00-6:30 Swim Team	2:00-4:00 Swim Team			12:00– 4:15 Adult Lap swim (all lanes)
6:00-6:45 <u>Aquacise</u> BARB	6:00-8:30 Adult Lap Swim	6:30-7:15 <u>Shallow h2o</u> <u>Aquacise</u> ERIN	4:00-8:30pm Adult Lap Swim	6:00-8:30 Family Swim NonMembers swim for \$5.00/ Family		
7:00-8:30 Lap Swim (all lanes)		6:30-8:30 Lap Swim (all lanes)		4:30-8:30 Lap Swim (all lanes)		CLOSED DEC 25th
7:00-8:30 Open Swim		7:15-8:30 Open Swim				

Open Swim indicates time available for the fun pool, please review the rules on reverse.

SARPY YMCA

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