




FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

INDOOR POOL / JL Camp, Jr. Family YMCA

September 2017 - April 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<u>5:30-9 am</u> Lap Swim	<u>5:30-10 am</u> Lap Swim	<u>5:30-9 am</u> Lap Swim	<u>5:30-10 am</u> Lap Swim	<u>5:30-9 am</u> Lap Swim		
<u>9 - 10 am</u> Water in Motion Limited Lap Lane	10 am - 2 pm Lap Swim Limited Open Swim	<u>9 - 10 am</u> Water in Motion Limited Lap Lane	10 am - 2 pm Lap Swim Limited Open Swim	<u>9 - 10 am</u> Water in Motion Limited Lap Lane	<u>8:30 am - 12 pm</u> Lap Swim	
<u>10 - 11 am</u> Gentle Water Club Limited Lap Lane		<u>10 - 11 am</u> Gentle Water Club Limited Lap Lane		<u>10 - 11 am</u> Gentle Water Club Limited Lap Lane		
11 am - 2 pm Lap Swim Limited Open Swim		11 am - 2 pm Lap Swim Limited Open Swim		11 am - 3 pm Lap Swim Limited Open Swim	<u>12-4:30 pm</u> Open Swim 1 Lap Lane	
<u>2 - 5 pm</u> Open Swim 1 Lap Lane	<u>2 - 5:15 pm</u> Open Swim 1 Lap Lane	<u>2 - 5 pm</u> Open Swim 1 Lap Lane	<u>2 - 5:15 pm</u> Open Swim 1 Lap Lane	<u>3 - 7:30 pm</u> Open Swim 1 Lap Lane ★ After School Swim <u>4:30 - 5:30 pm</u>	<p>Highlighted boxes designate Open Swim times with 1 Lap Lane available</p> <p>★ After School Childcare Swim</p> <p> Open Swim availability is dependent upon number of lap swimmers present</p>	
<u>5:00 - 6:30 pm</u> Shark Swim Club Limited Lap Lane	<u>5:30 - 7:30 pm</u> Swim Lessons Limited Lap Lane	<u>5:00 - 6:30 pm</u> Shark Swim Club Limited Lap Lane	<u>5:30 - 7:30 pm</u> Swim Lessons Limited Lap Lane			
	<u>6 - 6:45 pm</u> Deep Water		<u>6 - 6:45 pm</u> Deep Water			
	<u>6:30-7:30 pm</u> Water In Motion		<u>6:30-7:30 pm</u> Water In Motion			
<u>6:30-8:30 pm</u> Open Swim 1 Lap Lane	<u>7:30 - 8:30 pm</u> Open Swim 1 Lap Lane	<u>6:30 - 8:30 pm</u> Open Swim 1 Lap Lane	<u>7:30 - 8:30 pm</u> Open Swim 1 Lap Lane		<p>YMCA of South Hampton Roads</p> <p>4th Grade learn to swim will vary during October to April between 1:15-2:15 M-F. We will inform all members beforehand.</p>	

YMCA Mission: To put Judeo-Christian principles into practice through programs that build a healthy spirit, mind and body for all.