ASHLAND AREA YMCA
POOL SCHEDULE AUGUST 2017

*UPDATED 8/7/17

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 -9:00 AM	OPEN SWIM LAP SWIM	OPEN SWIM LAP SWIM	OPEN SWIM LAP SWIM	OPEN SWIM LAP SWIM	OPEN SWIM LAP SWIM	7:00AM OPEN SWIM	
9:00 - 9:45 AM	AQUA ZUMBA 9AM-9:50AM W/DAPHNE	AQUA ZUMBA 9AM-9:50AM W/DAPHNE	AQUA ZUMBA 9AM-9:50AM W/ALISON	AQUA ZUMBA 9AM-9:50AM W/DAPHNE			
9:00 – 11:00 AM	CHILD CARE SWIM	CHILD CARE SWIM	CHILD CARE SWIM	CHILD CARE SWIM	OPEN SWIM	9:15-9:45 AM SKIPS	
9:45-11:15 AM	AQUA TONING 9:50AM-10:35AM W/CHRISTINA	AQUA TONING 9:50AM-10:35AM W/CHRISTINA	AQUA TONING 9:50AM-10:35AM W/CHRISTINA	AQUA TONING 9:50AM-10:35AM W/CHRISTINA	OPEN SWIM	AQUA KICK&TONE W/CHRISTINA 10:35-11:15	
11:15- NOON	WATER WORKS WONDERS 11:15-NOON	OPEN SWIM	WATER WORKS WONDERS 11:15-NOON	OPEN SWIM	WATER WORKS WONDERS 11:15-NOON	FAMILY OPEN SWIM	1:00PM FAMILY OPEN SWIM
NOON - 1:00 PM	ADULTS ONLY LAPS & WATER WALKING	ADULTS ONLY LAPS & WATER WALKING	ADULTS ONLY LAPS & WATER WALKING	ADULTS ONLY LAPS & WATER WALKING	ADULTS ONLY LAPS & WATER WALKING		
1:00 - 4:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	LAP SWIM	
4:00 7:00 PM 4:45 - 6:15 PM	SWIM TEAM 5:30-6:30PM WATER WORKS WONDERS 4:00-4:45 SWIM LESSONS 4:45-6:15	SWIM TEAM 5:30-6:30PM SWIM LESSONS 4:45-6:15	SWIM TEAM 4:00530 WATER WORKS WONDERS 4:00-4:45 SWIM LESSONS 4:45-6:15	SWIM TEAM 4:00-7:00PM SWIM LESSONS 4:45-6:15	SWIM TEAM 4:00-7:00PM SWIM LESSONS 4:45-6:15		LAP SWIM 5:00PM
6:15- 7:30 PM	ADULT LAP SWIM 7-9PM AQUA ZUMBA 6:15-7:00 W/DAPHNE	AQUA TONING 6:15-7:00 W/Christina	ADULT LAP SWIM 615-7PM AQUA FITNESS 6:15-7:00 DAPHNE/CHRISTINA	AQUA TONING 6:15-7:00 W/Christina	ADULT LAP SWIM 615-7PM OPEN SWIM 7PM	ADULT LAP SWIM MON.,WED,FRIDAY, PER BOB GREEN, EXE.DIRECTOR	
7:30 - 9:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM		