




ASHLAND AREA YMCA POOL SCHEDULE OCTOBER 2017

*UPDATED 09/27/17

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	1:00PM FAMILY OPEN SWIM
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		LAP 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	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 4:00-5:30 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		
4:45 - 6:15 PM							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 6:15-7PM AQUA FITNESS 6:15-7:00 DAPHNE/CHRISTINA	AQUA TONING 6:15-7:00 W/Christina	ADULT LAP SWIM 6:15-7PM 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		



YMCA TRUNK OR TREAT OCTOBER 17, 2017 6PM-8PM

