



ASHLAND AREA YMCA POOL SCHEDULE AUGUST 2020

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 -9:00 AM	LAP SWIM (ONE SWIMMER PER LANE)	LAP SWIM ONE SWIMMER PER LANE	LAP SWIM ONE SWIMMER PER LANE	LAP SWIM ONE SWIMMER PER LANE	LAP SWIM ONE SWIMMER PER LANE	Aqua Fit 8:00-8:55	OPEN SWIM
9:00 - 9:45 AM	AQUA Zumba 9AM-9:50AM	AQUA Zumba 9AM-9:50AM	AQUA ZUMBA 9AM-9:50AM	AQUA Zumba 9AM-9:50AM	LAP SWIM ONE SWIMMER PER LANE		
9:00 - 11:00 AM	Lap SWIM ONE SWIMMER PER LANE	Lap SWIM ONE SWIMMER PER LANE	Lap SWIM ONE SWIMMER PER LANE	Lap SWIM ONE SWIMMER PER LANE	Lap SWIM ONE SWIMMER PER LANE	Lap SWIM ONE SWIMMER PER LANE	
9:45-11:15 AM	AQUA TONING 9:50AM-10:35AM	AQUA TONING 9:50AM-10:35AM	AQUA TONING 9:50AM-10:35AM	AQUA TONING 9:50AM-10:35AM	LAP SWIM ONE SWIMMER PER LANE	OPEN SWIM	
11:15- NOON	WATER WORKS WONDERS 11:15-NOON	LAP SWIM ONE SWIMMER PER LANE	WATER WORKS WONDERS 11:15-NOON	LAP SWIM ONE SWIMMER PER LANE	WATER WORKS WONDERS 11:15-NOON		
NOON - 1:00 PM	Lap SWIM ONE SWIMMER PER LANE	Lap SWIM ONE SWIMMER PER LANE	Lap SWIM ONE SWIMMER PER LANE	LAP SWIM ONE SWIMMER PER LANE	Lap SWIM ONE SWIMMER PER LANE		
1:00 - 4:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM		
4:00 7:00 PM	SWIM TEAM PRACTICE Lap SWIM LANE 1 ONLY ONE SWIMMER ONLY	SWIM TEAM PRACTICE Lap SWIM LANE 1 ONLY ONE SWIMMER ONLY	SWIM TEAM PRACTICE Lap SWIM LANE 1 ONLY On Swimmer only	SWIM TEAM PRACTICE Lap SWIM LANE 1 ONLY One Swimmer Only	SWIM TEAM PRACTICE Lap SWIM LANE 1 ONLY One Swimmer Only		
6:15- 7:00 PM	SWIM TEAM PRACTICE Lap SWIM LANE 1 ONLY	SWIM TEAM PRACTICE AQUA TONING 6:15-7:00	SWIM TEAM PRACTICE Lap SWIM LANE 1 ONLY	SWIM TEAM PRACTICE Lap SWIM LANE 1 ONLY	SWIM TEAM PRACTICE Lap SWIM LANE 1 ONLY		
7:00 - 8:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM		