



## ASHLAND AREA YMCA POOL SCHEDULE September 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		
11:15- NOON	<b>WATER WORKS WONDERS 11:15-NOON</b>	LAP SWIM ONE SWIMMER PER LANE	<b>WATER WORKS WONDERS 11:15-NOON</b>	LAP SWIM ONE SWIMMER PER LANE	<b>WATER WORKS WONDERS 11:15-NOON</b>		
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	OPEN SWIM	
4:00 7:00 PM	<b>SWIM TEAM PRACTICE</b> Lap SWIM LANE 1 ONLY ONE SWIMMER ONLY	<b>SWIM TEAM PRACTICE</b>  Lap SWIM LANE 1 ONLY ONE SWIMMER ONLY	<b>SWIM TEAM PRACTICE</b>  Lap SWIM LANE 1 ONLY One Swimmer only	<b>SWIM TEAM PRACTICE</b>  Lap SWIM LANE 1 ONLY One Swimmer Only	<b>SWIM TEAM PRACTICE</b>  Lap SWIM LANE 1 ONLY One Swimmer Only		
6:15- 7:00 PM	<b>SWIM TEAM PRACTICE</b>  Lap SWIM LANE 1 ONLY	<b>SWIM TEAM PRACTICE</b>  AQUA TONING 6:15-7:00	<b>SWIM TEAM PRACTICE</b>  Lap SWIM LANE 1 ONLY	<b>SWIM TEAM PRACTICE</b>  Lap SWIM LANE 1 ONLY	<b>SWIM TEAM PRACTICE</b>  Lap SWIM LANE 1 ONLY		
7:00 – 8:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM		