

Albany YMCA -Aquatics Schedule
January 1st, 2012- March 1st, 2012

*****Schedule is subject to change*****



		Mon	Tue	Wed	Thu	Fri	Sat	Sun	
AM		Lap Swim 5a-9a	Lap Swim 5a-6a	Lap Swim 5a-9a	Lap Swim-5a-6a	Lap Swim 5a-9a	Pool Opens at 7a		
			Forever Fit/ Lap 6:15a-7:15a		Forever Fit/ Lap 6:15a-7:15a				
			Lap Swim 7:15a-8:30a		Lap Swim-7:15a-8:30a				
		Open/Lap Swim 9a-10a	Open/Lap 8:30a-12a	Open/Lap Swim 9a-10a	Open/ Lap 9:15a-10a	Open/ Lap 9:15a-10a	Aqua Flex/Lap 8:15a-9a	Lap Swim 7a-8a	Lap Swim 7a-9a
		Water Wellness/ Lap 10a-11a		Water Wellness/ Lap 10a-11a	Water Wellness/ Lap 10a-11a	Water Wellness/ Lap 10a-11a	Swim Lessons/1 Lap Lane 9:30a-12:30	Open/ Lap 7a-9a	
	Open/Lap 11a-12p	Pre-K Swim/Lap 11a-12p	Pre-K Swim/Lap 11a-12p	Silver Sneakers /Lap 11a-12p	Aqua Flex /Lap 11:30a-12p	Open/ Lap 9a-1p			
12	LapSwim 12p-2p						Open/ Lap 12:30p-2p	B-Party/Lap 1p-4p	
PM		Open/Lap 2p-5:50p	Open/Lap 2p-5:50p	Open/Lap 2:00p-4:30p	Open/ Lap 2p-8:30p	Open/Lap 2:00p-3:00p	B-Party/Lap 2p-5p		Open/Lap 5p-6:30p
				Open/Lap 4:30p-5:30p 4:30p-5:30p		Afterschool/Lap 3:00p-5:00p			
		Swim Lessons/ 1 Lap lane 6:00p-7:50p	Adult Lessons 2 Lap Lane 5:30p-6:15p	Open/Lap 5:00p-6:00p		Pool Closed 6:30p	Pool Closed 4:30p		
		Lessons/Aquaflex 6:30p-7:15p	Aquaflex / Lap Lanes 6:30p-7:15p	Family Swim 6:00p-8:30p 1 Lap Lane					
	Open/Lap 7:50p-8:30p	Open/Lap 7:50p-8:30p	Stroke Clinic 7:30p-8:30p						