



We build strong kids, strong families, strong communities

YMCA South Hampton Roads
Serving Coastal Virginia and Northeastern North Carolina

Eastern Shore Family YMCA Spring 2010

| | Sun. | Mon | Tues | Weds | Thurs | Fri | Sat |
|------------------|---|---|---|---|---|---|---|
| Morning | | 6am-9am Open Swim 3 lap lanes open 9am-10 am Aqua Aerobics 2 Lap Lanes open | 6am-9am Open Swim 3 lap lanes open 10am-11am Aqua Aerobics 2 Lap Lanes open | 6am-9am Open Swim 3 lap lanes open 9am-10 am Aqua Aerobics 2 Lap Lanes open | 6am-9am Open Swim 3 lap lanes open 10am-11 am Aqua Aerobics 2 Lap Lanes open | 6am-9am Open Swim 3 lap lanes open 9am-10am Aqua Aerobics 2 Lap Lanes open | 8am-12pm Open Swim 3 lap lanes open 9am-11am Swim lessons |
| Afternoon | 1pm-2-30pm Open Swim 3 Lap lanes open 2:30 pm-5:30pm Slide is open. 2 Lap Lanes open | 12-5:30pm Open Swim 3 lap lanes open 4pm-5pm Swim lessons Swim Club 1 Lap Lane open | 12-5:30pm Open Swim 3 lap lanes open 4pm-5pm Swim lessons Swim Club 1 Lap Lane open | 12-5:30pm Open Swim 3 lap lanes open 4pm-5pm Swim lessons Swim Club 1 Lap Lane open | 12-5:30pm Open Swim 3 lap lanes open 4pm-5pm Swim lessons Swim Club 1 Lap Lane open | 12-5:30pm Open Swim 3 lap lanes open 4pm-5pm Swim Club 1 Lap Lane open | 1pm-2-30pm Open Swim 3 Lap lanes open 2:30 pm-5:30pm Slide is open. 2 Lap Lanes open |
| Evening | | 5:30pm-6:30pm Aqua Aerobics 2 lap lanes open 5pm-8pm swim lessons continue | 5:30pm-6:30pm Aqua Aerobics 2 lap lanes open 5pm-8pm swim lessons continue | 5:30pm-6:30pm Aqua Aerobics 2 lap lanes open 5pm-8pm swim lessons continue | 5:30pm-6:30pm Aqua Aerobics 2 lap lanes open 5pm-8pm swim lessons continue | 6pm-8:45pm Open Swim | |

Mission: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all.