



FOR YOUTH DEVELOPMENT  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# 2011 POOL SCHEDULE

## EASTERN SHORE FAMILY YMCA

	Sun.	Mon	Tues	Weds	Thurs	Fri	Sat
M O R N I N G		<b>6am-9am</b> Open Swim 3 lap lanes open <b>9am-10 am</b> Aqua Aero- bics 2 Lap Lanes open  <b>10am-            11:30am</b> Swim Les- sons	<b>6am-9am</b> Open Swim 3 lap lanes open <b>10am-11am</b> Aqua Aerobics 2 Lap Lanes open	<b>6am-9am</b> Open Swim 3 lap lanes open <b>9am-10 am</b> Aqua Aerobics 2 Lap Lanes open  <b>10am-            11:30am</b> Swim Lessons	<b>6am-9am</b> Open Swim 3 lap lanes open  <b>10am-11 am</b> Aqua Aerobics 2 Lap Lanes open	<b>6am-9am</b> Open Swim 3 lap lanes open <b>9am-10am</b> Aqua Aerobics 2 Lap Lanes open	<b>8am-12pm</b> Open Swim 3 lap lanes open  <b>9am-11am</b> Swim lessons 3 Lap lanes open
A F T E R N O O N	<b>1pm-2-30pm</b>  Open Swim 3 Lap lanes open  <b>2:30 pm-            5:15pm</b>  Slide is open. 2 Lap Lanes open	<b>12-5:30pm</b> Open Swim 3 lap lanes open <b>4pm-5pm</b> Swim lessons	<b>12-5:30pm</b> Open Swim <b>1pm-3pm</b> 3 lap lanes open <b>4pm-5pm</b> Swim lessons	<b>12-5:30pm</b> Open Swim <b>1pm-3pm</b> 3 lap lanes open <b>4pm-5pm</b> Swim lessons	<b>12-5:30pm</b> Open Swim <b>1pm-3pm</b> 3 lap lanes open <b>4pm-5pm</b> Swim lessons	<b>12-5:30pm</b> Open Swim <b>1pm-3pm</b>  3 lap lanes open	<b>12pm-2-            30pm</b>  Open Swim 3 Lap lanes open  <b>2:30 pm-            5:15pm</b>  Water Slide is open. 2 Lap Lanes open
E V E N I N G		<b>5:30pm-            6:30pm</b> Aqua Aero- bics 2 lap lanes open <b>5pm-8pm</b> swim lessons continue	<b>5pm-8pm</b> swim lessons continue	<b>5:30pm-            6:30pm</b> Aqua Aerobics 2 lap lanes open <b>5pm-8pm</b> swim lessons continue	<b>5pm-8pm</b> swim lessons continue	<b>6pm-8:45pm</b>  Open Swim	