



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

**Mt. Trashmore Family YMCA
Indoor Pool Schedule
Winter 2012**

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|--|---|--------------------------------|---------------------------------|-------------------------------|
| 8-9am Arthritis | 5:30-6:30am TCAC-3 lanes | 8-9am Arthritis | 5:30-6:30am TCAC-3 lanes | 8-9am Arthritis | 8-10am TCAC-3 lanes | |
| 9:30-10:30am Swim lessons | 9:30-10:30am Swim lessons | 9:30-10:30 am Swim lessons | 9:30-10:30am Swim lessons | | | |
| 9:15-10:15am Deep H2O | 9:15-10:15am Deep H2O | 9:15-10:15am Deep H2O | 9:15-10:15am Deep H2O | 9:15-10:15am Deep H2O | 9-10am Deep H2O | |
| 10:15-11:15am Aquacise | 10:15-11am Aquacise | 10:15-11:15am Aquacise | 10:15-11:15am Aqua Abs | 10:15-11:15am Aquacise | 10-10:30 am Finning | Open Swim All Day! |
| | 10am-12:00pm Preschool lessons | | 10am-12:00pm Preschool lessons | | 9am-12pm Swim Lessons | |
| 12-1pm Arthritis | | 12-1pm Arthritis | | 12-1pm Arthritis | | |
| 1:30-2:30pm Aquacise | | 1:30-2:30pm Aquacise | | 1:30-2:30pm Aquacise | | |
| 3-8:30pm-4 lanes TCAC | 2:30-4pm TCAC-3 lanes | | 2:30-4pm TCAC-3 lanes | 3-5:30 pm-4 lanes TCAC | | |
| 5-7:15pm Swim lessons | 4:30-7:45pm Swim Lessons | 3-8:30pm-4 lanes TCAC | 4:30-7:45pm Swim Lessons | 5:30-7pm 3 lanes TCAC | | |
| | 5:15-6:15 pm Aquacise | 5-7:15pm Swim lessons | 5:15-6:15 pm Aquacise | | | |
| | 6:15-7:15 pm Porpoise Club | | 6:15-7:15 pm Porpoise Club | | | |
| | 6:15-7:15 pm Tide-2 lanes | | 6:15-7:15 pm Tide2 lanes | | | |
| Free Swim 9am-5pm and 7:15-9:45pm | Free Swim 9am-4:30pm and 7:15-9:45pm | Free Swim 9am-5pm and 7:15-9:45pm | Free Swim 9am-4:30pm and 7:15-9:45pm | Free Swim 9am-8:45pm | Free Swim 11am-5:45pm | |

Visit us online at
www.ymcashr.org

Indoor Pool Hours:

Monday-Thursday 5:30 am-9:45 pm
Friday 5:30 am-8:45 pm
Saturday 8 am-5:45 pm
Sunday 10 am-5:45 pm

Outdoor Pool Lap Swim Hours:

Monday-Friday, 11:00 am – 1:00 pm