

Y AQUATICS TM

McCleskey-East Cobb Family YMCA Aquatic Pool Schedule

MONDAY

5:30-8:30 am	Open Swim
8:30-9:30 am	Hydroflex
9:30-10:30 am	Swim Lessons (May 24 – July 29)
10:30-11:30 am	Aquacise
11:45-12:30 pm	Active Older Adults
12:30-3:00 pm	Open Swim/Family Swim
3:00-6:00 pm	Swim Lessons (May 24 – July 29)
6:00-7:00 pm	Water Dance
7:00-9:45 pm	Open Swim/Family Swim

TUESDAY

5:30-8:15 am	Open Swim
8:15-9:00 am	Water Sport
9:00-9:45 am	Stretch 'N Move
9:45-10:00 am	Open Swim/Family Swim
10:00-11:00 am	Aqua Sculpt
11:00-11:45 am	Arthritis
11:45am-12:45 pm	Active Older Adults
12:45-3:00 pm	Open Swim/Family Swim
3:00-6:00 pm	Swim Lessons (May 24 – July 29)
6:00-7:00 pm	Hydroflex
7:00-9:45 pm	Open Swim/Family Swim

WEDNESDAY

5:30-8:30 am	Open Swim
8:30-9:30 am	Hydroflex
9:30-10:30 am	Swim Lessons (May 24 – July 29)
10:30-11:30 am	Aquacise
11:45-12:30 pm	Active Older Adults
12:30-3:00 pm	Open Swim/Family Swim
3:00-6:00 pm	Swim Lessons (May 24 – July 29)
6:00-9:45 pm	Open Swim/Family Swim

THURSDAY

5:30-8:15 am	Open Swim
8:15-9:00 am	Water Sport
9:00-9:45 am	Stretch 'N Move
9:45-10:00 am	Open Swim/Family Swim
10:00-11:00 am	Aqua Sculpt
11:00-11:45 am	Arthritis
11:45am-12:30 pm	Active Older Adults
12:45-3:00 pm	Open Swim/Family Swim
3:00-6:00 pm	Swim Lessons (May 24 – July 29)
6:00-9:45 pm	Open Swim/Family Swim

FRIDAY

5:30-8:30 am	Open Swim
8:30-9:30 am	Hydroflex
9:30-10:15 am	Aqua Zumba
10:30-11:30 am	Aqua Sculpt
11:30 am-8:45 pm	Open Swim/Family swim

** 3:00-6:45 If the YMCA cancels lessons this time will be for make up swim lessons 3-6:45.

SATURDAY

8:15-9:00	Open Swim/Family Swim
8:30-11:15 am	Swim Lessons (May 29 – July 31)
11:15am-12:00 pm	Hydroflex
12:00-5:45 pm	Open Swim/Family Swim

SUNDAY

1:00-5:45 pm	Family Swim
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Updated on 5/24/10