

Hastings Lake YMCA Pool Schedule September 5 - October 29

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Time
5:00-5:30AM								5:00-5:30AM
5:30-6:00AM								5:30-6:00AM
6:00-6:30AM								6:00-6:30AM
6:30-7:00AM								6:30-7:00AM
7:00-7:30AM								7:00-7:30AM
7:30-8:00AM							Swim Lesson	7:30-8:00AM
8:00-8:30AM								8:00-8:30AM
8:30-9:00AM		Water Fitness	Water Fitness	Water Fitness	Water Fitness			8:30-9:00AM
9:00-9:30AM		AFYAP Class	Dig Deep Cardio	AFYAP Class	Swim Lesson		Swim Lesson	9:00-9:30AM
9:30-10:00AM						Dig Deep Cardio		9:30-10:00AM
10:00-10:30AM								10:00-10:30AM
10:30-11:00AM						AFYAP Class		10:30-11:00AM
11:00-11:30AM			Open Swim					11:00-11:30AM
11:30-12:00PM			Swim Lesson					11:30-12:00PM
12:00-12:30PM			9:30 to 4:00					12:00-12:30PM
12:30-1:00PM				Open Swim	Open Swim			12:30-1:00PM
1:00-1:30PM		Open Swim		11:30 to 4:00	9:30 to 5:00			1:00-1:30PM
1:30-2:00PM		12:00 to 4:45pm		Swim Lesson				1:30-2:00PM
2:00-2:30PM	Swim Lesson							2:00-2:30PM
2:30-3:00PM								2:30-3:00PM
3:00-3:30PM				Swim Lesson				3:00-3:30PM
3:30-4:00PM				4:15 to 7:00				3:30-4:00PM
4:00-4:30PM			Swim Lesson	6:30 to 9:00				4:00-4:30PM
4:30-5:00PM			4:15 to 6:30					4:30-5:00PM
5:00-5:30PM			League	Swim Team	Swim Lesson			5:00-5:30PM
5:30-6:00PM			Swim Team		League			5:30-6:00PM
6:00-6:30PM								6:00-6:30PM
6:30-7:00PM								6:30-7:00PM
7:00-7:30PM		Water Fitness	Water Fitness	Water Fitness	Deep Water			7:00-7:30PM
7:30-8:00PM								7:30-8:00PM
8:00-8:30PM		Open Swim	Open Swim	Open Swim	Open Swim			8:00-8:30PM
8:30-9:00PM								8:30-9:00PM

