

Winter Pool Schedule Will begin Jan 2nd



*Schedule is subject to change

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45-7:00am Lap Swim (1-3) Masters (4-6)	5:30-7:00 am SPY Masters	5:45-7:00am Lap Swim (1-3) Masters (4-6)	5:30 - 7:00 am SPY Masters	5:45-7:00 am Lap Swim (1-3) Masters (4-6)	7:00am - 9:00am SPY	12:00-12:30 pm Lap Swim (1-6)
7:00 - 9:30am Lap Swim (3-6) Swim Lessons (1-3)	7:00 - 9:00 am Lap Swim	7:00 - 9:30am Lap Swim (3-6) Swim Lessons (1-3)	7:00 - 9:00 am Lap Swim	7:00 - 9:00 am Lap Swim	9:00am-10:00am Lessons (1-3) Lap Swim (4) SPY (5-6)	12:30pm-2:30pm Swim Lessons (1-2) Family Swim (3-4) Lap Swim (5-6)
9:30 - 10:15am Aqua Zumba (1-5) 10:15 - 11:15am Water Energizer Lap Swim (6)	9:00-10:00 am Swim Lessons (1-3) Lap Swim (4-6)	9:30 - 10:15am Aqua Zumba (1-5) 10:15 - 11:15am Water Energizer Lap Swim (6)	9:00-10:00 am Swim Lessons (1-3) Lap Swim (4-6)	9:00 - 10:00 am Friday Finale Lap Swim (6)	10:00am-11:00am Swim Lessons (1-4) Lap Swim (5-6)	2:30 - 4:30 pm Lap Swim (1-3) Family Swim (4-6)
11:15-1:30 pm Lap Swim	10:00-10:30am Walking & Rocking 10:30am - 11:00am	11:15-1:30 pm Lap Swim	10:00-10:30am Walking & Rocking 10:30am - 11:00am	10:00 - 11:30 am CLOSED FOR CLEANING 11:30am-1:30pm Lap Swim	11:00am-1:00pm	Swim Lessons (1-4)
1:30-2:15 pm Arthritis Foundation No Open Swim Lap Swim (6)	Moving & Grooving 11:00-11:30am Riding the Tide &	1:30-2:15 pm Arthritis Foundation No Open Swim Lap Swim (6)	Moving & Grooving 11:00-11:30am Riding the Tide &	1:30-2:15 pm Arthritis Foundation No Open Swim Lap Swim (6)	Lap Swim (5-6)	
2:15-3:45 pm Family Swim (3-6) Lap Swim (1-3)	Deep Water Running Lap Swim (6)	2:15-3:45 pm Family Swim (3-6) Lap Swim (1-3)	Deep Water Running Lap Swim (6)	2:15pm-4:00pm Family Swim (4-6)	Lap Swim (1-3)	Family Swim (4-6)
3:45 -4:30 pm SPY (1-2) Family Swim (5-6) Lap Swim (3-4)	11:30 - 1:30pm Lap Swim 1:30 - 3:00pm Swim Lessons (1-3) Lap Swim (4-6) 3:00pm - 3:45pm Family Swim(4-6) Lap Swim (1-3)	3:45 -4:30 pm SPY (1-2) Family Swim (5-6) Lap Swim (3-4)	11:30 - 1:30pm Lap Swim 1:30 - 3:00pm Swim Lessons (1-3) Lap Swim (4-6) 3:00pm - 3:45pm Family Swim(4-6) Lap Swim (1-3)	Lap Swim (1-3)		
4:30-5:30 pm SPY (1-3) Lap Swim (4) Family Swim (5-6)	3:45 - 4:30 pm SPY (1-2) Lap Swim (3-4) Family Swim (5-6)	4:30-5:30 pm SPY (1-3) Lap Swim (4) Family Swim (5-6)	3:45 - 4:30 pm SPY (1-2) Lap Swim (3-4) Family Swim (5-6)	4:00 - 6:00pm SPY (1-5) Lap Swim (6)	Senior Program Director Stephanie Harris sharris@springfield-ymca.org	Updated 12/7/2017
5:30 - 6:15pm Pool Power (4-6) Swim Lessons (1-2) Lap Swim (3)	4:30 - 6:00pm SPY (1-3) Lap Swim (4) Family Swim (5-6)	5:30 - 6:15pm Pool Power (4-6) Swim Lessons (1-2) Lap Swim (3)	4:30 - 6:00pm SPY (1-3) Lap Swim (4) Swim Lessons (5-6)	6:00 - 7:30pm SPY		
6:15 - 7:30pm Swim Lessons (1-2) Lap Swim (3-4) Family Swim (5-6)	6:00 - 6:30pm SPY (1-3) Lap Swim (4) Swim Lessons (5-6)	6:15 - 7:30pm Swim Lessons (1-2) Lap Swim (3-4) Family Swim (5-6)	6:00 - 6:30pm SPY (1-3) Lap Swim (4) Swim Lessons (5-6)	7:30 - 9:30pm Family Swim (4-6) Lap Swim (1-3)		
7:30 - 9:30pm SPY	6:30 - 9:30pm SPY	7:30 - 9:30pm SPY	6:30 - 9:30pm SPY			