



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# POOL SCHEDULE

HILLCREST FAMILY YMCA

DECEMBER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-8:30a <b>Open/Lap</b> Swim/Walking	<b>Pool Closed</b>	6:00-8:30a <b>Open/Lap</b> Swim/Walking	<b>Pool Closed</b>	6:00-9:00a <b>Open/Lap</b> Swim/Walking		<b>CLOSED</b>
8:30-9:00a <b>LG BREAK</b> Pool Closed		8:30-9:00a <b>LG BREAK</b> Pool Closed		9:00-10:00a <b>Aqua Fit</b> Shallow End		
9:00 – 10:00a <b>Aqua Fit</b> Shallow End	9:00-10:00 <b>Aqua Fit</b> Shallow End	9:00-10:00a <b>Aqua Fit</b> Shallow End	9:00-10:00a <b>Aqua Fit</b> Shallow End			
10-11a <b>Open/Lap</b>	10:00 -10:30a <b>Open/Lap</b> Swim/Walking	10-11a <b>Open/Lap</b> Swim/Walking	10:00-10:30a <b>Open/Lap</b> Swim/Walking	10:00-11:00a <b>Open/Lap</b> Swim/Walking	9:30a-12:30p <b>Family/Lap</b> Pool Split in Half	
11-11:30a <b>CLOSED</b>	10:30-11:00a <b>CLOSED</b>	11-11:45a <b>Aqua Zumba</b> Shallow End	10:30-11:00a <b>CLOSED</b>	11:00-11:30a <b>CLOSED</b>		
11:30-2:00p <b>Open/Lap</b>	11:00-11:45a <b>Aqua Yoga</b> Shallow End	11:45-2:00p Swim/Walking	11:00-11:45a <b>Aqua Yoga</b> Shallow End	11:30-1:00p <b>Open/Lap</b> Swim/Walking		
	11:45a-1:00p <b>Open/Lap</b> Swim/Walking		11:45a-1:00p <b>Open/Lap</b> Swim/Walking			
2:00-4:00p <b>LG BREAK</b> Pool Closed	1:00-1:30p <b>LG BREAK</b> Pool Closed	2:00-4:00p <b>Closed</b>	1:00-1:30p <b>LG BREAK</b> Pool Closed	1:00-4:30p <b>Closed</b>		
	1:30-2:30p <b>AQ Arthritis</b> With: Rose		1:30-2:30p <b>AQ Arthritis</b> With: Rose			
	2:30-4:00p <b>Closed</b>		2:30-4:00p <b>Closed</b>			
4:00-6:45p <b>Lessons/Open</b> <b>Swim</b>	4:00-6:45p <b>Lessons/Open</b> <b>Swim</b> Pool Split in Half	4:00-6:45a <b>Lessons/Open</b> <b>Swim</b>	4:00-6:45p <b>Lessons/Open</b> <b>Swim</b> Pool Split in Half	4:30-6:15p <b>Household</b> <b>Swim</b>		
	6:45-7:30p <b>Aqua Fit</b> Shallow End w/Theresa		6:45-7:30p <b>Aqua Fit</b> Shallow End w/Theresa			
6:45-9:00p <b>Swim Team</b> All Lanes in Use	7:30-8:00p <b>Open/Lap</b>	6:45-9p <b>Swim Team</b> All Lanes in Use	7:30-8:15p <b>Aqua Zumba</b> With: <i>Shelly</i>	6:15-9:00p <b>Swim Team</b> All Lanes in Use		

\*Schedule is subject to change

\*Registration is required for all aquatic exercise classes

**Hillcrest Family YMCA**  
5000 Mayfield Road, Hillcrest, OH 44124  
P (216) 382-4300 clevelandymca.org