WARRENSVILLE HEIGHTS FAMILY YMCA AQUATICS SCHEDULE

the

1	MONDAY		TUESDAY		WEDNESDAY				FRIDAY		1
							THURSDAY				
TIME	LAP POOL	LEISURE POOL	LAP POOL	LEISURE POOL	LAP POOL	LEISURE POOL	LAP POOL	LEISURE POOL	LAP POOL	LEISURE POOL	TIME
7:00a	Lap/Rec Swim(3 Lanes)	Swim Class	Lap/Rec Swim(3 Lanes)	Swim Class	Lap/Rec Swim(3 Lanes)	Swim Class	Lap/Rec Swim(3 Lanes)	Swim Class	Lap/Rec Swim(3 Lanes)	Swim Class	7:00a
7:30a	Lap/Rec Swim(3 Lanes)	Swim Class	Lap/Rec Swim(3 Lanes)	Swim Class	Lap/Rec Swim(3 Lanes)	Swim Class	Lap/Rec Swim(3 Lanes)	Swim Class	Lap/Rec Swim(3 Lanes)	Swim Class	7:30a
8:00a	Lap/Rec Swim(2 Lanes)	Swim Class	Lap/Rec Swim(2 Lanes)	Swim Class	Lap/Rec Swim(3 Lanes)	Swim Class	Lap/Rec Swim(2 Lanes)	Swim Class	Lap/Rec Swim(3 Lanes)	Swim Class	8:00a
8:30a	Lap/Rec Swim(2 Lanes)	Swim Class	Lap/Rec Swim(2 Lanes)	Swim Class	Lap/Rec Swim(3 Lanes)	Adult Swim	Lap/Rec Swim(2 Lanes)	Adult Swim	Lap/Rec Swim(3 Lanes)	Adult Swim	8:30a
9:00a	POOL CLOSED		POOL CLOSED		POOL CLOSED		POOL CLOSED		POOL CLOSED		9:00a
9:30a	AQUA AEROBICS		Lap/Rec Swim(2 Lanes)	Adult Swim	AQUA AEROBICS		Lap/ Rec Swim (2 Lanes)	Adult Swim	AQUA AEROBICS		9:30a
10:00a	AQUA AEROBICS		Lap/Rec Swim(2 Lanes)	Adult Swim	AQUA AEROBICS		Lap/ Rec Swim (2 Lanes)	Adult Swim	AQUA AEROBICS		10:00a
10:30a	AQUA TONE		Lap/Rec Swim(2 Lanes)	Adult Swim	AQUA TONE		Lap/ Rec Swim (2 Lanes)	Adult Swim	AQUA TONE	NE 10:30a	
11:00a	AQUA TONE		Lap/Rec Swim(2 Lanes)	Adult Swim	AQUA TONE		Lap/ Rec Swim (2 Lanes)	Adult Swim	AQUA TONE		11:00a
11:30a	AQUACISE		AQUA TONE		AQUACISE		AQUA TONE		AQUACISE		11:30a
12:00p	AQUACISE		AQUA TONE		AQUACISE		AQUA TONE		AQUACISE		12:00p
12:30p	CLEANING		CLEANING		CLEANING		CLEANING		CLEANING		12:30p
1:00p	AQUA ARTHRITIS		Lap/Rec Swim(3 Lanes)	Adult Swim	AQUA ARTHRITIS		Lap/Rec Swim(3 Lanes)	Adult Swim	AQUA ARTHRITIS		1:00p
1:30p	AQUA ARTHRITIS		Lap/Rec Swim(3 Lanes)	Adult Swim	AQUA ARTHRITIS		Lap/Rec Swim(3 Lanes)	Adult Swim	AQUA ARTHRITIS		1:30p
2:00p	Lap/Rec Swim(2 Lanes)	Adult Swim	Lap/Rec Swim(3 Lanes)	Adult Swim	Lap/Rec Swim(2 Lanes)	Adult Swim	Lap/Rec Swim(3 Lanes)	Adult Swim	Lap/Rec Swim(2 Lanes)	Adult Swim	2:00p
2:30p	Lap/Rec Swim(2 Lanes)	Adult Swim	Lap/Rec Swim(3 Lanes)	Adult Swim	Lap/Rec Swim(2 Lanes)	Adult Swim	Lap/Rec Swim(3 Lanes)	Adult Swim	Lap/Rec Swim(2 Lanes)	Adult Swim	2:30p
3:00p	CLEANING		CLEANING		CLEANING	6	CLEANING		CLEANING		3:00p
3:30p	POOL CLOSED		POOL CLOSED		POOL CLOSED		POOL CLOSED		POOL CLOSED		3:30p
4:00p	Lap/Rec Swim(2 Lanes)	Family Swim	Lap/Rec Swim(3 Lanes)	Family Swim	Lap/Rec Swim(2 Lanes)	Family Swim	Lap/Rec Swim(3 Lanes)	Family Swim	Lap/Rec Swim(2 Lanes)	Tiger Café	4:00p
4:30p	Lap/Rec Swim(2 Lanes)	Family Swim	Lap/Rec Swim(2 Lanes)	Family Swim	Lap/Rec Swim(2 Lanes)	Family Swim	Lap/Rec Swim(3 Lanes)	Family Swim	Lap/Rec Swim(2 Lanes)	Tiger Café	4:30p
5:00p	Lap/Rec Swim(2 Lanes)	Family Swim	Lap/Rec Swim(3 Lanes)	Swim Class	Lap/Rec Swim(2 Lanes)	Family Swim	Lap/Rec Swim(2 Lanes)	Swim Class	Lap/Rec Swim(2 Lanes)	Swim Class	5:00p
5:30p	Lap/Rec Swim(2 Lanes)	Family Swim	Lap/Rec Swim(3 Lanes)	Swim Class	Lap/Rec Swim(2 Lanes)	Family Swim	Lap/Rec Swim(2 Lanes)	Swim Class	Lap/Rec Swim(2 Lanes)	Swim Class	5:30p
6:00p	Lap/Rec Swim(3 Lanes)	Family Swim	Lap/Rec Swim(3 Lanes)	Swim Class	Lap/Rec Swim(3 Lanes)	Family Swim	Lap/Rec Swim(3 Lanes)	Family Swim	Lap/Rec Swim(3 Lanes)	Swim Class	6:00p
6:30p	Lap/Rec Swim(3 Lanes)	Family Swim	Lap/Rec Swim(3 Lanes)	Swim Class	Lap/Rec Swim(3 Lanes)	Family Swim	Lap/Rec Swim(3 Lanes)	Family Swim	Lap/Rec Swim(3 Lanes)	Swim Class	6:30p
7:00p	POOL CLOSED		POOL CLOSED		POOL CLOSED		POOL CLOSED		POOL CLOSED		7:00p
7:30p	POOL CLOSED		POOL CLOSED		POOL CLOSED		POOL CLOSED		POOL CLOSED		7:30p
8:00p	POOL CLOSED		POOL CLOSED		POOL CLOSED		POOL CLOSED		POOL CLOSED		8:00p
[SATURDA	Y	SUNDAY			IMPORTANT POOL FAQ's					
TIME	LAP POOL	LEISURE POOL	LAP POOL	LEISURE POOL		REGISTRATION ONLY- PLEASE REGISTER AT THE FRONT DESK BEFORE USING THE POOL AREA!					
9:00a	AQUA STRENO	STH				CAPACI					
9:30a	AQUA STRENGTH		POOL CLOSED			SOUTH POINTE AQUATICS THERAPY Open Swim: 13 (3 in Lap, 15 in Leisure)					
10:00a	Lap/Rec Swim(3 Lanes)	Swim Class				Monday/ Wednesday: 1pm-6:00pm		Classes: 23 (12 in Lap, 10 in Leisure)			
10:30a	Lap/Rec Swim(3 Lanes)	Swim Class	POOL CLOSED			Tuesday/Thursday: 8am-11am			Hot Tub: 6 (15 minute time limit)		
11:00a	Lap/Rec Swim(3 Lanes) Swim Class						Sauna: 6 (15 minute time limit)				
11:30a	Lap/Rec Swim(3 Lanes) Swim Class		POOL CLOSED			FACILITY					
12:00p	Lap/Rec Swim(3 Lanes)	Swim Class						Hot Tul	o/Sauna Open (RESERVATION	NONLY)	
12:30p	Lap/Rec Swim(3 Lanes)	Swim Class									J
1:00p	POOL CLOSE	D									