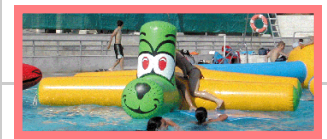


Downtown YMCA Family Pool March-April 2010

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early AM	Open Swim 5:30-7:00	Open Swim 5:30-7:00	Open Swim 5:30-7:00	Open Swim 5:30-7:00	Open Swim 5:30-7:00		
AM	Cardio Combo 7:00-8:00	H2yOga 7:00-8:00	Cardio Combo 7:00-8:00	H2yOga 7:00-8:00	Cardio Combo 7:00-8:00	Open Swim 7:00-8:00	
	Active Seniors 8:00-9:00	Deep H2O 8:00-9:00	Active Seniors 8:00-9:00	Deep H2O 8:00-9:00	Active Seniors 8:00-9:00	Deep H2O 8:00-9:00	
	Aqua Motion 9:00-10:00	YPreK Lessons 9:30-10:30	Arthritic H2O 9:00-10:00	Y PreK Lessons 9:30-10:30	Arthritic H2O 9:00-10:00	Swim Lessons 9:00-11:45am	
	Arthritic H2O 10:00-11:00	Open Swim 10:30-4:00	Aqua Motion 10:00-11:00	Open Swim 10:30-4:00	Aqua Motion 10:00-11:00		
Mid-Day	Open Swim 11:00-4:00		Open Swim 11:00-4:00		Open Swim 11:00-7:45	Open Swim 11:45-5:45pm	Open Swim 1:00-5:45
PM	LSI Outreach Lessons 4:00-4:45	LSI Outreach Lessons 4:00-4:45	LSI Outreach Lessons 4:00-4:45	LSI Outreach Lessons 4:00-4:45		BOTH POOLS CLOSE at 2pm Sat. 4/10 For Special Olympics.	
		Open Swim 4:45-5:30		Open Swim 4:45-5:30			
	Cardio Combo 5:30-6:30	Deep H2O 5:30-6:30	Cardio Combo 5:30-6:30	Deep H2O 5:30-6:30			
	Open Swim 6:30-9:45	Swim Lessons 6:30-8:40pm	EELC Swim Lessons 6:30-7:05pm	Swim Lessons 6:30-8:40pm			
	Open Swim 8:40-9:45	Open Swim 7:05-9:45pm	Open Swim 8:40-9:45				



Puddles visits the Family Pool each Saturday & Sunday from 2:00-5:00pm

- Swim Lessons
(whole pool closed)
- Swim Lessons
(shallow end closed)
- Water Fitness
- Open Swim

Family Pool Operating Hours
 Mon-Thurs: 5:30am-9:45pm
 Friday: 5:30am-7:45pm
 Saturday: 7am-5:45pm
 Sunday: 1pm-5:45pm
 Temp: 86-88 degrees
 Aquatics Director- Emily Watkins
emilywatkins@lynchburgymca.org

Please Remember
 Pool is open during Water Fitness classes, however you must be courteous to class and instructor when swimming- low voices, no splashing, etc.

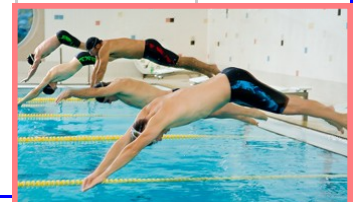
Special Notices and Considerations
 YMCA Swim Lessons run on Sat. Mornings & Tues/Thurs evenings. Sessions are the following;
 Winter Session III (Tues/Thurs) Feb. 16-March 11
 Spring Session I (Sat) March 6- April 24 (no lessons on 4/3)
 Spring Session II (Tues/Thurs) March 23-April 15
 Spring Session III (Tues/Thurs) April 20-May 13
LSI Lessons run through May 12th
 The Lynchburg Swim Initiative goal is to teach inner city Lynchburg 2nd graders how to swim. See Aquatics Director on ways you can help support this program!
Saturday April 10th- Special Olympics Competition.
BOTH Pools CLOSE AT 2PM.



We build strong kids, strong families, strong communities.

Downtown YMCA Lap Pool March-April 2010

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early AM	LY Swim Team 5:30-7:00 (6)	Open Swim 5:30-7:00	Open Swim 5:30-7:00	Open Swim 5:30-7:00	Open Swim 5:30-7:00		
AM	Open Swim 7:00-2:00	Open Swim 7:00-3:45	Open Swim 7:00-11:00	Open Swim 7:00-3:45	Open Swim 7:00-11:00	Open Swim 7:00-5:45	
Mid-Day			Masters 11:00-12:00 (6)		Masters 11:00-12:00 (6)		
	CVCC Swim Class 2:00-2:50 (3)		CVCC Swim Class 2:00-2:50 (3)				Open Swim 1:00-5:45
PM	Open Swim 2:50-3:45		Open Swim 2:50-3:45		Open Swim 12:00-7:45	BOTH POOLS CLOSE at 2pm Sat. 4/10 For Special Olympics	
	LY Swim Team 3:45-5:45 (6)	LY Swim Team 3:45-5:45 (6)	LY Swim Team 3:45-5:45 (6)	LY Swim Team 3:45-5:45 (6)			
	LY Swim Team 5:45-6:15 (4)	LY Swim Team 5:45-6:15 (4)	LY Swim Team 5:45-6:15 (4)	LY Swim Team 5:45-6:15 (4)			
	Open Swim 6:15-9:45	Open Swim 6:15-9:45	Open Swim 6:15-9:45	Open Swim 6:15-9:45			



Open Swim

Swim Team

Other Activity

Lap Pool Operating Hours

Mon-Thurs: 5:30am-9:45pm

Friday: 5:30am-7:45pm

Saturday: 7am-5:45pm

Sunday: 1pm-5:45pm

Temp: 80-82 degrees # of lanes: 6

Please visit our website for more info on our programs at www.lynchburgymca.org

Special Notices and Considerations

-(#): number of lanes being used for activity &

-If crowded, sharing lanes is required

-Circle swimming is required, swimmers ages 12 and older are permitted to use the lap pool; however if family pool is closed the lap pool is open to all ages and activities

-CVCC Swim Class ends May 5th

- YMCA Lifeguard Re-Cert- March 22-25 5-9:30pm

Includes CPR/First Aid/AED; Register by March 17th
\$85 Members, \$110 Non-Members

- YMCA Lifeguard Full Cert- Spring Break Intensive
April 6-10, 9am-5pm, Includes CPR/First Aid/AED;
Register by April 1, \$170 Members, \$190 Non-Members