


Aquatics Schedule      October 2 - December 11, 2017      Sherman Lake YMCA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap & Exercise 5:30 AM-7:30 AM	Lap & Exercise 5:30 AM-7:30 AM	Lap & Exercise 5:30 AM-7:30 AM	Lap & Exercise 5:30 AM-7:30 AM	Lap & Exercise 5:30 AM-7:30 AM	Lap & Exercise 7:00 AM-8:00 AM	
Water Aerobics 8:00 AM-8:50 AM	Gentle Stretch 8:00 AM-8:45 AM	Water Aerobics 8:00 AM-8:50 AM	Gentle Stretch 8:00 AM-8:45 AM	Water Aerobics 8:00 AM-8:50 AM	Water Aerobics 8:15 AM-9:05 AM	
Lap* & Open Swim  9:00 AM-12:00 PM	Lap Swim 2 Lanes 8:00 AM-9:00 AM  Lap* & Open Swim 9:00 AM-10:00 AM  <i>Reserved for IE</i> 10:00 AM-12:00 PM	Lap* & Open Swim  9:00 AM-10:00 AM  <i>Reserved for IE</i> 10:00 AM-12:00 PM	Lap Swim 2 Lanes 8:00 AM-9:00 AM  Lap* & Open Swim 9:00 AM-10:00 AM  <i>Reserved for IE</i> 10:00 AM-12:00 PM	Lap* & Open Swim  9:00 AM-10:00 AM  <i>Reserved for IE</i> 10:00 AM-12:00 PM	Lap* & Open Swim  9:30 AM-12:00 PM	Lap & Exercise 11:00 AM-12:00 PM
Lap & Exercise 12:00 PM-1:00 PM  <i>Reserved for IE</i> 1:00 PM-5:00 PM	Lap & Exercise 12:00 PM-1:00 PM  <i>Reserved for IE</i> 1:00 PM-5:00 PM	Lap & Exercise 12:00 PM-1:00 PM  <i>Reserved for IE</i> 1:00 PM-5:00 PM	Lap & Exercise 12:00 PM-1:00 PM  <i>Reserved for IE</i> 1:00 PM-5:00 PM	Lap & Exercise 12:00 PM-1:00 PM  <i>Reserved for IE</i> 1:00 PM-3:00 PM	Lap*& Exercise 12:00 PM-1:00 PM  Lap & Open Swim 1:00 PM-4:00 PM	Lap & Open Swim  12:00 PM-2:00 PM
Lap* & Open Swim  5:00 PM-8:30 PM	Lap* & Open 5:00 pm - 6:00 PM  Water Aerobics 6:00 PM-6:50 PM  Lap* & Open 7:00 PM - 8:30 pm	Lap* & Open Swim  5:00 PM-8:30 PM	Lap* & Open 5:00 pm - 6:00 PM  Water Aerobics 6:00 PM-6:50 PM  Lap* & Open 7:00 PM - 8:30 pm	Lap* & Open Swim  3:00 PM-8:30 PM	 <p><b>FOR YOUTH DEVELOPMENT FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY</b></p>	

Pool Schedule is subject to change without notice; school programs, camping, conferences, and retreat programs may pre-empt the use of the pool. Please call the desk at 269-731-3032 to verify availability.

**\*One or more lap lanes may be used for swim lessons during the following times: Monday-Thursday 9am-10am and 5pm-7pm; Fridays 9am-10am, 3pm-7pm, and Saturdays 9:30am-12:00pm.**