|  |  |  |  |
| --- | --- | --- | --- |
| **MONDAY/WEDNESDAY/FRIDAY** | | | |
|  | **Lap Lanes** | **Rec Side** | |
| 6:00AM-10:15AM | 3 | OPEN | |
| 7:45AM-10:45AM  WATER AEROBICS | 3 | LIMITED | |
| 10:30AM-3:00PM  CAMP  \*\*Wednesday\*\*\* open -no camp | 0 | CLOSED  \*\*\*Except  Wednesday\*\* | |
| 3:00PM-5:20PM | 2 | OPEN | |
| 5:20-7:00PM  SWIM LESSONS | 1 | LIMITED | |
| 7:00PM-9:00PM | 2 | LIMITED | |
|  | | | |
| **TUESDAY/THURSDAY** | | | |
|  | **Lap Lanes** | | **Rec Side** |
| 6:00AM-10:15AM | 3 | | OPEN |
| 7:45AM-10:00AM  WATER AEROBICS | 3 | | LIMITED |
| 10:30AM-3:00PM  CAMP | 0 | | CLOSED |
| 3:00PM-5:15PM | 2 | | OPEN |
| 5:15PM – 7:00PM  SWIM LESSONS | 1 | | OPEN |
| 7:00PM-8:30PM  \*\*Thursday Only | 2  \*\* 0 | | LIMITED  \*\* Closed |
|  | | | |

**See reverse side for information about our Aquatic Programs!**

|  |  |  |  |
| --- | --- | --- | --- |
|  | | | |
| **SATURDAY** | | | |
|  | | **Lap Lanes** | **Rec Side** |
| 7AM – 8:30 AM | | 3 | Open |
| 8:30AM – 12:00PM  SWIM LESSONS | | 1 | LIMITED |
| 12:00PM - 5:00PM | | 3 | Open |
|  | | | |
| **SUNDAY** | | | |
|  | **Lap Lanes** | | **Rec Side** |
| 1:00PM – 5:00PM | 3 | | OPEN |

**Lessons now available!**

* Private Lessons
* Adaptive aquatics for special needs
* Home school Swim Program

Contact Kris Dudzinski:

krisd@ymcagloco.org

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Class | Monday | Tuesday | Wednesday | Thursday | Friday |
| Arthritis |  | 9:15AM | 10:00AM | 9:15AM |  |
| Deep Water Workout | 7:45AM |  | 7:45AM |  | 7:45AM |
| Healthy Back |  | 7:45AM |  | 7:45AM |  |
| Swimnastics | 9:15AM |  | 9:15AM |  | 9:15AM |
| Senior Water Walking | 8:30AM |  | 8:30AM |  | 8:30AM |
| Silver Splash |  | 8:30AM |  | 8:30AM |  |

\*\*\* POOL PARTIES NOW AVAILABLE\*\*\*