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| **MONDAY/WEDNESDAY/FRIDAY** |
|   | **Lap Lanes** | **Rec Side** |
| 6:00AM-10:15AM | 3 | OPEN |
| 7:45AM-10:45AMWATER AEROBICS | 3 | LIMITED |
| 10:30AM-3:00PMCAMP \*\*Wednesday\*\*\* open -no camp  | 0 |  CLOSED \*\*\*Except  Wednesday\*\* |
| 3:00PM-5:20PM | 2 | OPEN |
| 5:20-7:00PMSWIM LESSONS | 1 | LIMITED |
| 7:00PM-9:00PM | 2 | LIMITED |
|  |
| **TUESDAY/THURSDAY** |
|   | **Lap Lanes** | **Rec Side** |
| 6:00AM-10:15AM  | 3 | OPEN |
| 7:45AM-10:00AMWATER AEROBICS | 3 | LIMITED |
| 10:30AM-3:00PMCAMP | 0 | CLOSED |
| 3:00PM-5:15PM | 2 | OPEN |
| 5:15PM – 7:00PMSWIM LESSONS | 1 | OPEN |
| 7:00PM-8:30PM\*\*Thursday Only  | 2\*\* 0 | LIMITED\*\* Closed |
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**See reverse side for information about our Aquatic Programs!**

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

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| 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\*\*\*