



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

March 4th - 17th, 2019

• When 6 lap lanes are available, 1 will be reserved as an exercise lane.

*The number of lap lanes may change due to unexpected pool use and programming without prior notice.

*Lane lines will be removed /inserted 5-10 minutes prior to/after classes which will reduce the number available. Please plan accordingly!

*Please call with questions or concerns.

We hope that you enjoy your swim and thank you for your cooperation in advance!

Gleason Family YMCA

Pool Schedule

Contact: Danielle Gilmore, Aquatic Coordinator
508.295.9622 x16 dgilmore@ymcasouthcoast.org

INDOOR POOL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LAP SWIM	5:15-8:30 (6) 8:30-9:30 (3) 9:30-10:45 (6) 10:45-12:15 (2) 12:15-4:00 (5) 4:00-4:45 (3) 4:45-5:30 (1) 5:30-7:00 (3) 7:00-8:00 (2) 8:00-8:45 (3)	5:15-7:45 (6) 7:45-9:00 (3) 9:00-10:00 (6) 10:00-11:00 (5) 11:00-12:15 (2) 12:15-2:00 (5) 2:00-4:45 (3) 4:45-5:30 (4) 5:30-7:00 (1) 7:00-8:00 (5) 8:00-8:45 (6)	5:15-8:45 (6) 8:45-10:00 (3) 10:00-10:45 (6) 10:45-12:15 (3) 12:15-4:00 (5)* 4:00-8:00 (2) 8:00-8:45 (3) *Lanes Limited 3/13, 12:15-3pm	5:15-7:45 (6) 7:45-9:00 (3) 9:00-10:30 (6) 10:30-11:00 (5) 11:00-12:15 (2) 12:15-1:30 (2-5) *VACUUMING 12:00-1:30 1:30-3:30 (5) 3:30-4:00 (4) 4:00-4:45 (0) 4:45-5:30 (4) 5:30-7:00 (1) 7:00-8:00 (3) 8:00-8:45 (5)	5:15-7:45 (6) 7:45-9:00 (1) 9:00-10:00 (2) 10:00-12:30 (5) 12:30-2:00 (0) 2:00-4:00 (5) 4:00-5:30 (0) 5:30-6:15 (2) 6:15-7:00 (5) 7:00-8:00 (2) 8:00-8:45 (3)	7:00-8:45 (6) 8:45-12:00 (0) 12:00-3:00 (3) 3:00-4:45 (3-4)* *3/9 the pool will close at 4:30pm for our Aquatic Training *3/16 the pool will close at 11:45am for a swim meet	7:00-9:45 (6) 9:45-12:00 (0) 12:00-2:00 (2) 2:00-4:45 (4)
OPEN SWIM	12:00-2:00pm Parent Tot ----- 2:00-4:00pm 6:30-8:00pm Open Swim	12:00-1:00pm Parent Tot ----- 1:00-4:00pm 5:30-8:00pm Open Swim	1:15-2:00pm Parent Tot ----- 2:00-4:00pm 6:30-8:00pm Open Swim	1:00-2:00pm Parent Tot ----- 2:00-4:00pm 6:00-8:45pm Open Swim	2:00-3:00pm Parent Tot ----- 3:00-4:00pm 6:30-8:00pm Open Swim	1:00-4:45pm* Open Swim w/ slide & water features 2-4pm *3/9 the pool will close at 4:30pm for our Aquatic Training *3/16 the pool will close at 11:45am for a swim meet	2:00-4:45pm Open Swim w/ slide & water features 2-4pm
SPECIAL NEEDS	12:00-2:00pm	12:00-1:00pm ----- SOCO REHAB 2:00-4:00pm	1:15-2:00pm	1:00-2:00pm	SOCO REHAB 8:00-10:00am ----- 2:00-3:00pm	12:00-1:00pm	1:00-2:00pm
WATER AEROBICS	8:45-9:30am Pam (AP) 11:00am-12:00pm Jack (AC) *BEGINNING MARCH 18 TH NEW AQUA YOGA CLASS 10:15-11:00AM	8:00-9:00am Leeandra (AP)	9:00-10:00am Pam (AC) 11:00am-12:00pm Richie (AC)	8:00-9:00am Leeandra (AP)	8:00-9:00am Pam (AC) 9:00-10:00am Sarah (Aqua Yoga)		
STRETCH AND FLEX		11:00am-12:00pm Pam		11:00am-12:00pm Pam			

MORE LATE NIGHT LAP LANES AVAILABLE BEGINNING 3/18/19, BE SURE TO GET A NEW POOL SCHEDULE