

AUGUST AQUATICS SCHEDULE

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY					
	Lap Lanes	Classes	Lap Lanes	Classes	Lap Lanes	Classes	Lap Lanes	Classes	Lap Lanes	Classes	Lap Lanes	Classes				
7:00-8:00AM	LAP SWIM 7:00AM- 8:00AM AND 11:00AM- 2:00PM RESERVE ONLINE		LAP SWIM 7:00AM- 10:00AM AND 11:00AM- 2:00PM RESERVE ONLINE		LAP SWIM 7:00AM- 8:00AM AND 11:00AM- 2:00PM RESERVE ONLINE		LAP SWIM 7:00AM- 10:00AM AND 11:00AM- 2:00PM RESERVE ONLINE		LAP SWIM 7:00AM- 8:00AM AND 11:00AM- 2:00PM RESERVE ONLINE		OPEN AT 8AM					
8:00-9:00AM		Water Fit - Member Led				Water Fit - Member Led				Water Fit - Member Led		Water Fit - Member Led			Parent & Me Swim Lessons	
9:00-10:00AM		Water Fit - Misty				Water Fit - Misty				Water Fit - Misty		Water Fit - Misty			GROUP SWIM LESSONS AVAILABLE	
10:00-11:00AM		Aqua Arthritis - Misty				Aqua Arthritis - Misty				Aqua Arthritis - Misty		Aqua Arthritis - Misty				
11:00-12:00PM																
12:00-1:00PM		SUMMER CAMP SWIM TIME, ENDS 8/5				SUMMER CAMP SWIM TIME, ENDS 8/5				SUMMER CAMP SWIM TIME, ENDS 8/5		SUMMER CAMP SWIM TIME, ENDS 8/5				
1:00-2:00PM																
2:00-3:00PM																
3:00-4:00PM				2:00-5:30 PRIVATE SWIM LESSONS AVAILABLE				2:00-5:30 PRIVATE SWIM LESSONS AVAILABLE			2:00-5:30 PRIVATE SWIM LESSONS AVAILABLE		2:00-5:30 PRIVATE SWIM LESSONS AVAILABLE		2:00-5:30 PRIVATE SWIM LESSONS AVAILABLE	
4:00-5:00PM																
5:00-6:00PM	OPEN SWIM FIRST COME, FIRST SERVE		OPEN SWIM FIRST COME, FIRST SERVE		OPEN SWIM FIRST COME, FIRST SERVE		OPEN SWIM FIRST COME, FIRST SERVE		OPEN SWIM FIRST COME, FIRST SERVE							
6:00-7:00PM		5:00-6:00PM Water Fit-Lucy		5:30-6:30PM Water Fit-Lucy		5:30-6:30PM Water Fit-Lucy		5:30-6:30PM Water Fit-Lucy		5:30-6:30PM Water Fit-Lucy						
7:00-8:00PM																
CLOSED AT 8PM																

Aquatics Class Offerings and Program Details:

**Monday, Wednesday & Friday - 7:00am-8:00am and 11:00am-2:00pm
Tuesday & Thursday - 7:00am-10:00am and 11:00am-2:00pm**

There are 3 LAP LANES open during these times for lap swimming, water fit and kids are welcome at this time as well, make a reservation to assure a lane.

Monday, Wednesday, Friday - WATER FIT- 8:00-9:00am (Member Led), 9:00-10:00am (Misty), 5:30-6:30pm (Lucy)

Open to all ages/skill level, lap swim is permitted but may be limited to ONE lap lane depending on size of class

Monday - Friday - AQUA ARTHRITIS - 10:00am-11:00am (Misty)

This program requires a registration to join. Contact erins@ymcaavery.org or ericas@ymcaavery.org to join!

Tuesdays and Thursdays - 5:30 - 6:30pm Water Fit (Lucy)

Taught in pool by Lucy, open to all ages/skill level, lap swimming is permitted but may be limited to ONE lane depending on size of class

Tuesday and Thursday - Junior Swim Club - 4:00 - 5:00pm - Swim Club - 4:00 - 5:00pm

Taught by Faith and Lucy, For all ages that can pass the swim test and/or can swim alone without help, Open swim/lap swim is permitted during these classes, however this class utilizes at least one lap lane during class (Fee of \$10 for members & \$20 for non members per month)

Birthday Parties:

These can be reserved on Fridays from 5:30-7:30pm, Saturdays from 11:15am-1:15pm or 1:30pm-3:30pm

Swim Lessons:

All Swim Les+A18:M40sons are reserved through our Membership Desk or Aquatics Department. Private Lessons will be held during the week and Parent and Me Lessons and Group Swim Lessons will be held on Saturday Mornings. Email swimlessons@ymcaavery.org to learn more!