



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# INDOOR POOL SCHEDULE

**DOWD YMCA-Winter 2012**

## Cool Pool

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open	5-9:30am Open	5-6am Open	5-9:30am Open	5-6:15am Open	5-9:30am Open	Open
12:00-5:45pm	9:30-10:30am Extreme Cardio Fitness 1 Lane Open	6 – 7am Cardio Fitness 2 Lanes Open	9:30-10:30am Cardio Fitness 1 Lane Open	9:30-10:30am Extreme Cardio Fitness 1 Lane Open	9:30 – 10:30am Cardio Fitness 2 Lanes Open	7:30am – 5:45pm
	10:30a-7pm Open	7am-9:45pm Open	10:30a-7pm Open	7:15 – 9:30am Open	10:30-8:45am Open	
	7pm-9pm Masters Swim  Pool Closed		7pm-9pm Masters Swim  Pool Closed	9:30-10:30am Extreme Cardio Fitness 1 Lane Open		
	9-9:45pm Open		9-9:45pm Open	10:30a-9:45pm Open		

## Warm Pool

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open	5-8:30am Open	5-8:30am Open	5-8:30am Open	5-8:30am Open	5-8:30am Open	7:30-8am Open
12:00 – 5:45pm	8:30-9:30am Cardio Fitness 1 Lane Open	8:30-9:30am Extreme Cardio Fitness 1 Lane Open	8:30-9:30am Cardio Fitness 1 Lane Open	8:30-9:30am Extreme Cardio Fitness 1 Lane Open	8:30-9:30am Cardio Fitness 2 Lanes Open	8am-9am Cardio Fitness 1 Lane Open
	9:30-10:30am Open	9:30-10:30am Cardio Fitness Lite 2 Lanes Open	9:30-10:30am Open	9:30-10:30am Water Exercise Introduction 2 Lanes Open	9:30-10:30am Open	9am-12:30 Swim Lessons 1 Lane Open
	10:30-11:30am Cardio Fitness 1 Lane Open	10:30-11:30am Extreme Cardio Fitness 1 Lane Open	10:30-11:30 Arthritis Plus 2 Lanes Open	10:30-11:30am Cardio Fitness 1 Lane Open	10:30-11:30am Cardio Fitness Lite 2 Lanes Open	12:30-5:45pm Open
	11:30a-5:30pm Open	11:30am-6pm Open	11:30a-5:30pm Open	11:30-12:30 Water Stretch 2 Lanes Open	11:30am-5:30pm Open	
	5:30-6:30pm Cardio Fitness 2 Lanes Open	6 - 7pm Water Athletics 1 Lane Open	5:30-6:30pm Cardio Fitness Lite 2 Lanes Open	6 - 7pm Extreme Cardio Fitness 1 Lane Open	5:30- 7pm Kayak Clinic 1 <sup>st</sup> and 3 <sup>rd</sup> Fridays	
	6:30-9:45pm Open	7 -7:40pm Swim Lessons	6:30-9:45pm Open	7-9:45pm Open		
		7:30-9:45pm Open				