



Jamestown YMCA Pool Schedule June 28 thru August 28, 2010



	Monday	Tuesday	Wednesday	Thursday.	Friday.	Saturday
Lap Swim <i>UPPER</i>	6:00-9:00am 11:00-1:00 5:00-7:00pm	6:00-9:00 am 11:00-1:00 5:00-7:00pm	6:00-9:00 am 11:00-1:00 5:00-7:00pm	6:00-9:00 am 11:00-1:00 5:00-7:00pm	6:00-9:00 am 11:00-1:00 5:00-7:00pm	7:00-2:00 <i>One lane minimum</i>
Water Ex <i>Lower</i>	8:15-9:00am Noon-12:45	8:15-9:00am 7:00-8:00 pm	8:15-9:00am Noon-12:45	8:15-9:00 am 7:00-8:00 pm	8:15-9:00am Noon-12:45	
Water Ex <i>Upper</i>	10:45-11:30am	10:45-11:30am	10:45-11:30am	10:45-11:30am		
Adapted Aquatics	7:00-8:00pm Upper Pool	Participants with disabilities are welcome to join this fun program every Monday from 7:00-8:00 in the upper pool. A lift is available. \$2 a participant, no charge for aides				
Open Swim <i>Lower</i>	9:45-10:15am 7:00-8:30pm	9:45-10:15am 5:00-6:00pm	9:45-10:15am	10:30-11:00am 4:00-6:00pm	5:00-7:00pm	
Open Swim <i>Upper</i>		7:00-8:30 pm	7:00-8:30 pm	7:00-8:30 pm		12:15-2:30
Family Swim <i>Both pools</i>		<i>All patrons under 16 must be accompanied by parent or guardian</i>			7:00-8:45 pm	

This schedule supersedes all others and is subject to change without notice. Aquatic staff reserves the right to alter pools as needed



YAQUATICS™



We build strong kids, strong families, strong communities.