



Jamestown YMCA Pool Schedule

June 23 until August 30

Posted 6/17/08



	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	Sun.
Lap Swim <i>UPPER</i> *Continuous Swimming Required	6:00-9:00 am 11:00-1:00 4:45-7:00	6:00-9:00 am 11:00-1:00 4:45-7:00	6:00-9:00 am 11:00-1:00 4:45-7:00	6:00-9:00 am 11:00-1:00 4:45-7:00	6:00-9:00 am 11:00-1:00 4:45-7:00	7:15-12:15	
Water Exercise <i>LOWER</i>	8:30-9:15am 10:45-11:30 Noon-12:45	8:30-9:15 am 10:45-11:30	10:45-11:30 Noon-12:45	8:30-9:15 am 10:45-11:30	Noon-12:45		
Poolates <i>LOWER</i>			8:30-9:15am		8:30-9:15am		
Power Hour <i>LOWER</i> Water exercise		7:00-8:00 pm		7:00-8:00 pm			
Open Swim <i>LOWER</i>	5:45-6:15 7:15-8:30 pm	5:45-6:15	5:45-6:15	5:45-6:15	4:00-5:30		
Open Swim <i>UPPER</i>		7:00-8:30 pm	7:00-8:30 pm			12:15-2:30	
Family Swim <i>BOTH</i>			All patrons under 16 must be accompanied by parent or guardian		7:00-8:30 pm		

For Swim Lesson Times please refer to the Summer 2008 brochure.

This schedule supersedes all others and is subject to change



Times in bold reflect differences in program guide



We build strong kids, strong families, strong communities.



Jamestown YMCA, 101 E Fourth St. , Jamestown , NY; 716-664-2802
www.jamestownymca.org