

# Zero-Depth Pool Schedule

## Calcutta YMCA Program Center

Revised: Jan 2006

MONDAY / WEDNESDAY	TUESDAY / THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45-8:00 am Active Older Adults	5:45-11:00 am Active Older Adults	5:45-7:00 am Active Older Adults	6:00-8:00 am Active Older Adults	
		7:00-8:00 am Open Swim		
9:15-10:00 am Aqua Yoga (Mon only)		9:15-10:00 am Aqua Yoga	8:00-8:45 am Open Swim	
			8:45-9:00 am Swim Lessons Play Time	
			9:00-11:00 am Active Older Adults	
			9:50-10:00 am Swim Lessons Play Time	
			10:50-11:00 am Swim Lessons Play Time	
11:00-12:00 pm Arthritis Class	11:00-11:30 am SKIPS	11:00-12:00 pm Arthritis Class	11:00-11:30 am SKIPS	
12:00-1:00 pm Active Older Adults	11:30-12:15 pm PERS		11:30-12:00 pm PERS	
	12:00-12:15 pm Swim Lessons Play Time 12:30-1:15 PERS	12:00-1:00 pm Active Older Adults	12:00-12:15 pm Swim Lessons Play Time	
	12:15-1:00 pm Aquatic Therapy / Rehab		12:00-1:00 pm Active Older Adults	
12:00-2:00 pm Aquatic Therapy / Rehab	12:00-2:00 pm Aquatic Therapy / Rehab (Thursday)	1:00-3:00 pm Aquatic Therapy / Rehab	1:00-4:00 pm Open Swim Pool Rentals	
3:00-5:00 pm Open Swim	3:00-5:00 pm Open Swim	3:00-5:00 pm Open Swim	4:00-7:45 pm Family Swim Pool Rentals TBA	
5:30-5:45 pm Swim Lessons Play Time	5:30-5:45 pm Swim Lessons Play Time			
5:00-9:00 pm Family Swim	5:00-9:00 pm Family Swim	5:00-9:00 pm Family Swim		
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