

POOL SCHEDULE
Effective Jan. 2nd

WILMERDING YMCA

412-823-9000
412-823-1402 FAX

	Sun	Mon	Tue	Wed	Thur	Fri	Sat
6 am	X	Lap/Rec. Swim	Lap/Rec. Swim	Lap/Rec. Swim	Lap/Rec. Swim	Lap/Rec. Swim	X
:45	X						X
7 am	X	5:30-9:00	5:30-9:00	5:30-9:00	5:30-9:00	5:30-9:00	Lap/Rec. Swim
:30	X						7:00-9:30
8 am	X						
:15	X						
:30	X						
:45	X						
9 am	X	Arthritis Exercise	AOA Water Fitness	Arthritis Exercise	AOA Water Fitness	AOA Water Fitness	
:15	X	9:00-9:45	9:00-10:00	9:00-9:45	9:00-10:00	9:00-10:00	
:30	X	Silver Splash		Swim Lessons			Water Aerobics
:45	X	9:45-10:30		9:50-11:15			9:30-10:30
10 am	X		Wave Runners		Wave Runners	Arthritis Exercise	
:15	X		10:15-11:00		10:15-11:00	10:00-10:45	
:30	X	Arthritis Exercise				Arthritis Exercise	Swim Lessons
:45	X	10:30-11:15	Aqua Dynamics		Aqua Dynamics	10:45-11:30	10:30-12:00
11 am	X	Y Tots	11:05-11:50	Arthritis Exercise	11:05-11:50	11:30-12:15	
:15	X	11:30-12:00		11:15-12:00			
:30	X						
:45	X						
12 pm	Rental	Lap/Rec. Swim	Lap/Rec. Swim	Lap/Rec. Swim	Lap/Rec. Swim	Lap/Rec. Swim	Rental
:15	12-1:00	12:00-1:30	12:00-1:30	12:00-1:30	12:00-2:30	12:15-1:30	12:00-1:00
:30							
:45							
1 pm	Lap/Rec. Swim	AOA Water Fitness	AOA Water Fitness	AOA Water Fitness	AOA Water Fitness	AOA Water Fitness	Lap/Rec. Swim
:15	1:00-2:00	1:30-2:30	1:30-2:30	1:30-2:30	1:30-2:30	1:30-2:30	1:00-2:45
:30							
:45							
2 pm	Family/Rec. Swim	Lap/Rec. Swim	Lap/Rec. Swim	Lap/Rec. Swim	Lap/Rec. Swim	Lap/Rec. Swim	
:15	2:00-3:00	2:30-4:45	2:30-4:45	2:30-4:45	2:30-4:45	2:30-4:45	Family/Rec. Swim
:30							
:45							
3 pm	Swim Team						Swim
:15	3:00-5:00						2:45-4:50
:30							
:45							
4 pm		Family/Rec. Swim	Swim Team	Family/Rec. Swim	Swim Team	Family/Rec. Swim	
:15		4:45-6:00	4:45-6:00	4:45-6:00	4:45-6:00	4:45-6:00	X
:30							X
:45							X
5 pm	X	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Rental/Party	X
:15	X	6:00-8:00	6:00-7:30	6:00-8:30	6:00-7:30	6:00-7:00	X
:30	X						X
:45	X						X
6 pm	X					Family/Rec. Swim	X
:15	X					7:00-8:00	X
:30	X		Family Swim		Family Swim		X
:45	X		7:30-8:15		7:30-8:15		X
7 pm	X	Private Lessons				Rental/Party	X
:15	X	8:00-8:30	Lap/Rec.		Lap/Rec.	8:00-9:00	X
:30	X	Water Aerobics	8:15-9:50	Hydro Exercise	8:15-9:50		X
:45	X	8:30-9:30		8:30-9:30			X
8 pm	X					X	X
:15	X					X	X
:30	X	Lap/Rec.		Lap/Rec.		X	X
:45	X	9:30-9:50		9:30-9:50		X	X
9 pm	X						
:15	X						
:30	X						
:45	X						

THE SWIMMING POOL WILL CLOSE 10 MINUTES PRIOR TO THE CLOSE OF THE FACILITY
DAY PASSES CANNOT BE PURCHASED FOR SWIMMING POOL USE