



Windsor YMCA at Central Park Athletics

Fall Pool Schedule September 18- December 9, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6:00 – 6:30		FloatFit Boot Camp 6:15 to 7:05						
6:30 - 7:00	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Lane Swim	
7:00 – 7:30								
7:30 - 8:00								
8:00 – 8:30								
8:30 - 9:00								
9:00 – 9:30	Shallow	Deep Water	Shallow	Deep	Deep	Shallow	Open Swim	
9:30 - 10:00	AquaFit	AquaFit	AquaFit	AquaFit	AquaFit	AquaFit		
10:00 – 10:30								
10:30 - 11:00	Parent and Tot Swim	Lane Swim	Parent and Tot Swim	Parent and Tot Swim	Open Swim	Swim Lessons		FloatFit Boot Camp
11:00 – 11:30	Lane Swim		Lane Swim	Lane Swim				
11:30 - 12:00								
12:00 - 12:30								
12:30 - 1:00								
1:00 – 1:30	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Lane Swim	Family Swim	
1:30 - 2:00								
2:00 – 2:30								
2:30 - 3:00								
3:00 – 3:30								
3:30 - 4:00	Swim Lessons	H.I.I.T The Water	Preschool Gym & Swim 5:30 - 6:15	Swim Lessons	Y Torpedos	Family Swim	Lane Swim	
4:00 – 4:30								
4:30 - 5:00								
5:00 – 5:30								
5:30 - 6:00								
6:00 – 6:30	FloatFit Boot Camp	Open Swim	Open Swim	Open Swim	JLC Lvl 1	Closed	Closed	
6:30 - 7:00								
7:00 – 7:30								
7:30 - 8:00								
8:00 – 8:30								
8:30 - 9:00	Open Swim	Lane Swim	Open Swim	Open Swim	NLS/ Bronze Cross	Closed	Closed	
9:00 – 9:30	Lane Swim	Lane Swim	Open Swim	Lane Swim	Teen Night Swim			
9:30 - 10:00								