

## 2010 Winter Auxiliary Pools Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00am-9:00am Aqua Fitness (Betty)	9:00am - 10:00am Family/ open swim	8:00am-9:00am Aqua Fitness (Betty)	9:00am - 10:00am Family/ open swim	8:00am-9:00am Aqua Fitness (Betty)	8:00am-9:00am Aqua JOG (Carol)	Closed
9:30am to10:30am Senior fitness (ALICE)	10:00am - 11:00am learn to swim	9:30am to10:30am Senior fitness (ALICE)	10:00am - 11:00am learn to swim	9:30am to10:30am Senior fitness (ALICE)	9::30-12:00 Learn to swim	9:00am-10:00am Family Swim
10:30 -12:00 little wonders program	11:00am- 12:00pm Aqua Fitness (Alice)	11:00 -12:00 Family Swim	11am-1:00pm Closed	11:00am- 12:00pm Aqua Fitness (Alice)	12:00pm-1:00pm Family Swim	10:00am- 12:00pm Learn to swim
12:00pm - 1:00pm Senior Swim	12:00pm to 2:00pm Family / open swim	12:00pm - 1:00pm Senior Swim	1:00pm to 2:00pm Arthritis	12:00pm - 1:00pm Senior Swim	2:00pm - 3:00pm -closed for birthday parties-	12:00pm - 3:00pm Family Swim
1:00pm to 2:00pm Arthritis	2:00pm - 3:00pm Closed	1:00pm - 2:00pm Family Swim	2:00pm - 3:00pm Closed	1:00pm to 2:00pm Family / open swim	3:00pm-6:00pm Family Swim	
3:00 - 4:00 open swim	3:00 - 4:00 open swim	3:00 - 4:00 open swim	3:00 - 4:00 open swim	3:00 - 4:00 open swim		
4:00pm -6:00pm Learn to swim	4:00pm -6:00pm Learn to swim	4:00pm -6:00pm Learn to swim	4:00pm -6:00pm Learn to swim	4:00pm -6:00pm Learn to swim	8:00-9:00am aqua Fitness	9:00-10:00am Family Swim
6:15pm-7:15pm Aqua fitness (Shirley)	6:15pm-7:15pm Aqua fitness (JoAnn)	6:15pm-7:15pm Aqua fitness (Shirley)	6:15pm-7:15pm Aqua fitness (Carol)	7:00pm - 9:00pm Family Swim	9:30-12:00 Learn to Swim	10:00-12:00pm Learn to swim
7:15pm - 8:00pm Adult/teen learn to swim	7:15pm -9:00pm Family Swim	7:15pm - 8:00pm Adult learn to swim	7:15pm -9:00pm Family Swim		12-2 Family Swim	12:00-1:00pm Family Swim
8:00 -9:00 Family Swim		8:00 -9:00 Family Swim			3-6 Family Swim	2:00-3:00pm Family Swim

Schedule is subject to change - Please watch for changes on website. [www.norwalkymca.org](http://www.norwalkymca.org)