

YMCA of Honolulu Windward Branch Pool Schedule

Effective July 27th to August 16th 2008

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:30 am	Lap Swim (6 Lanes)	Lap Swim (6 Lanes)	Lap Swim (6 Lanes)	Lap Swim (6 Lanes)	Lap Swim (6 Lanes)
7:50am	***LIFEGUARD BREAK (NO ONE ALLOWED IN THE POOL)***				
8:00 am	H2O Arthritis (6 Lanes)	H2O (3 Lanes) Lap Swim (3 Lanes)	H2O Arthritis (6 Lanes)	H2O (3 Lanes) Lap Swim (3 Lanes)	H2O Arthritis (6 Lanes)
9:00 am	Lap Swim (3 Lanes) Physical Therapy (3 Lanes)	H2O Arthritis (3 Lanes) Parent/Tot (2 Lanes) Lap Swim (1 Lane)	Lap Swim (3 Lanes) Physical Therapy (3 Lanes)	H2O Arthritis (3 Lanes) Parent/Tot (2 Lanes) Lap Swim (1 Lane)	Lap Swim (3 Lanes) Physical Therapy (3 Lanes)
10:00 am	***LIFEGUARD BREAK (NO ONE ALLOWED IN THE POOL)***				
10:10 am	Lap Swim (3 Lanes) Physical Therapy (3 Lanes)	Lap Swim (3 Lanes) Physical Therapy (3 Lanes)	Lap Swim (3 Lanes) Physical Therapy (3 Lanes))	Lap Swim (3 Lanes) Physical Therapy (3 Lanes)	Lap Swim (3 Lanes) Physical Therapy (3 Lanes)
1:00pm	***LIFEGUARD BREAK (NO ONE ALLOWED IN THE POOL)***				
1:10pm	Lap Swim (2 Lanes) Rec Swim (2 Lanes) Swim Lessons (2 Lanes)	Lap Swim (2 Lanes) Rec Swim (2 Lanes) Swim Lessons (2 Lanes))	Lap Swim (2 Lanes) Rec Swim (2 Lanes) Swim Lessons (2 Lanes))	Lap Swim (2 Lanes) Rec Swim (2 Lanes) Swim Lessons (2 Lanes))	Lap Swim (2 Lanes) Rec Swim (2 Lanes) Swim Lessons (2 Lanes)
5:00 pm	***LIFEGUARD BREAK (NO ONE ALLOWED IN THE POOL)***				
5:10 pm	H2O (3 Lanes) Swim Team (2 Lanes) Lap Swim (1 Lane)	H2O FIT (3 Lanes) Swim Lessons (2 Lanes) Lap Swim (1 Lane)	H2O (3 Lanes) Swim Team (2 Lanes) Lap Swim (1 Lane)	H2O FIT (3 Lanes) Swim Lessons (2 Lanes) Lap Swim (1 Lane)	H2O (3 Lanes) Swim Team (2 Lanes) Lap Swim (1 Lane)
6:15 pm	Lap Swim (4 Lanes) Rec Swim (2 Lanes)	Swim Lessons (2 Lanes) Lap Swim (4 Lanes)	Lap Swim (4 Lanes) Rec Swim (2 Lanes))	Swim Lessons (2 Lanes) Lap Swim (4 Lanes)	Lap Swim (4 Lanes) Rec Swim (2 Lanes)
7:00 pm	***CLOSED***				

Time	Saturday	Sunday
8:00 am	Swim Lessons (6 Lanes)	
12:00 pm	H2O (3 Lanes) Lap Swim (3Lanes)	
1:00 pm	Swim Lessons (2 Lanes) Lap Swim (2 Lanes) Rec Swim (2 Lanes)	Lap Swim (4 Lanes) Rec Swim (2 Lanes)
2:00 pm	Swim Lessons (2 Lanes) Lap Swim (2 Lanes) Rec Swim (2 Lanes)	Mermaids (2 Lanes) Lap Swim (2 Lanes) Rec Swim (2 Lanes)
3:00pm	***LIFEGUARD BREAK***	
3:10 pm	Swim Lessons (2 Lanes) Lap Swim (2 Lanes) Rec Swim (2 Lanes)	Mermaids (2 Lanes) Lap Swim (2 Lanes) Rec Swim (2 Lanes)
5:00 pm	***CLOSED***	