



Kaimuki-Waiālae YMCA POOL SCHEDULE

March 1-31, 2010

TIME	Monday	Tuesday	Wednesday	Thursday	Friday
7:00am	Aqua Aerobics	Aqua Aerobics	Aqua Aerobics	Aqua Aerobics	Aqua Aerobics
8:00am	Aqua Aerobics	Aqua Aerobics	Aqua Aerobics	Aqua Aerobics	Aqua Aerobics
9:00am	LIFEGUARD BREAK 9:15am-9:30am	Aqua Tai Chi 9:15am-10am	LIFEGUARD BREAK 9:15am-9:30am	Aqua Tai Chi 9:15am-10am	LIFEGUARD BREAK 9:00am-9:15am Preschool LTS 9:15am-9:45am Parent/Child 10:15am-10:45am
10:00am	Family/ Lap Swim 9:30am- 1:00pm	Aqua Arthritis 10am-11am	Family/ Lap Swim 9:30am- 1:00pm	Aqua Arthritis 10am-11am	Family/ Lap Swim 11am-1:00pm
11:00am		H2O Arthritis/ Deep H2O 11:15am-12:15pm		H2O Arthritis/ Deep H2O 11:15am-12:15pm	
12:00pm	LIFEGUARD BREAK 1:00pm-1:15pm	POOL CLOSED 1pm-3pm	LIFEGUARD BREAK 1:00pm-1:15pm	POOL CLOSED 1pm-3pm	LIFEGUARD BREAK 1:00pm-1:15pm
1:00pm					
2:00pm	Family/Lap Swim 1:15pm - 3:00pm	Learn to Swim Classes 3:00pm-5:00pm	Learn to Swim Classes 3:00pm-5:30pm	Learn to Swim Classes 3:00pm-5:00pm	Childcare Program 3:00pm-4:45pm
3:00pm	Learn to Swim Classes 3:00pm-5:30pm				
4:00pm	Learn to Swim Classes 3:00pm-5:30pm				
5:00pm	Swim Team 5:00pm-6:00pm	Swim Team 5:00pm-6:00pm	Swim Team 5:00pm-6:00pm	Swim Team 5:00pm-6:00pm	LIFEGUARD BREAK 5:15pm-5:45pm
6:00pm	Aqua Aerobics 6:00pm-7:00pm				Aqua Aerobics 6:00pm-7:00pm
7:00pm	Family/Lap Swim 7:00pm - 8:00pm	Family/Lap Swim 6:00pm - 8:00pm	Family/Lap Swim 7:00pm - 8:00pm	Family/Lap Swim 7:00pm - 8:00pm	Family/Lap Swim 7:00pm - 8:00pm
8:00pm	***** POOL CLOSED *****				

Time	Saturday	Sunday
7:00am	Aqua Aerobics	POOL CLOSED
8:00am	Swim Team 8:15am-9:00am	
9:00am	Learn to Swim Classes 9:00am- 12noon	Adult Swim Class 9am-9:45am
10:00am		Parent/ Child 10am-11am
11:00am		Learn to Swim Classes 11:00am- 3:00pm
12:00pm	POOL CLOSED	
1:00pm	Learn to Swim Classes 1:00pm- 2:30pm	Learn to Swim Classes 11:00am- 3:00pm
2:00pm	Learn to Swim Classes 1:00pm- 2:30pm	
3:00pm	H2O Arthritis 3:15pm-4:15pm	Family/Lap Swim 3:00pm - 6:00pm
4:00pm	H2O 4:15pm-5:15pm	
5:00pm	POOL CLOSED	POOL CLOSED
6:00pm		

Note: Due to Spring Break, Family/Lap Swim will be available in place of Learn to Swim Classes March 22-28, 2010.