



We build strong kids, strong families, strong communities.

# March Pool Schedule

Sunday	Monday	Tuesday	Wednesday
	<b>1</b>	<b>2</b>	<b>3</b>
	5:30-8:00 Lap Swim <b>8:15-9:15 H2O Fitness</b> 9:15-9:40 Lap Swim <b>9:40-9:50 10min Break</b> 9:50-2:45 Family/Lap Swim <b>2:45-5:15 Swim Lessons</b> 5:10-5:30 Lap Swim <b>5:30-6:30 H2O Fitness</b> 7:30-9:00 Family/Lap Swim	5:30-8:00 Lap Swim <b>8:15-9:15 H2O Fitness</b> 9:15-9:40 Lap Swim <b>9:40-9:50 10min Break</b> 9:50-2:45 Family/Lap Swim <b>2:45-5:25 Swim Lessons</b> 5:25-9:00 Family/ Lap Swim 5:30-9:00 Family/Lap	5:30-8:00 Lap Swim <b>8:15-9:15 H2O Fitness</b> 9:15-9:40 Lap Swim <b>9:40-9:50 10min Break</b> 9:50-1:45 Family/Lap <b>1:45-2:45 A.S.P Swim</b> <b>2:45-5:10 Swim Lessons</b> 5:10-5:30 Lap Swim <b>5:30-6:30 H2O Fitness</b> 7:30-9:00 Family/Lap
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<b>8:00-4:40 Swim Lessons</b> 4:40-6:00 Family/ Lap Swim	5:30-8:00 Lap Swim <b>8:15-9:15 H2O Fitness</b> 9:15-9:40 Lap Swim <b>9:40-9:50 10min Break</b> 9:50-2:45 Family/Lap Swim <b>2:45-5:15 Swim Lessons</b> 5:10-5:30 Lap Swim <b>5:30-6:30 H2O Fitness</b> 7:30-9:00 Family/Lap Swim	5:30-8:00 Lap Swim <b>8:15-9:15 H2O Fitness</b> 9:15-9:40 Lap Swim <b>9:40-9:50 10min Break</b> 9:50-2:45 Family/Lap Swim <b>2:45-5:25 Swim Lessons</b> 5:25-9:00 Family/ Lap Swim 5:30-9:00 Family/Lap	5:30-8:00 Lap Swim <b>8:15-9:15 H2O Fitness</b> 9:15-9:40 Lap Swim <b>9:40-9:50 10min Break</b> 9:50-1:45 Family/Lap <b>1:45-2:45 A.S.P Swim</b> <b>2:45-5:10 Swim Lessons</b> 5:10-5:30 Lap Swim <b>5:30-6:30 H2O Fitness</b> 7:30-9:00 Family/Lap
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
<b>8:00-4:40 Swim Lessons</b> 4:40-6:00 Family/ Lap Swim	5:30-8:00 Lap Swim <b>8:15-9:15 H2O Fitness</b> 9:15-9:40 Lap Swim <b>9:40-9:50 10min Break</b> 9:50-2:45 Family/Lap Swim <b>2:45-5:15 Swim Lessons</b> 5:10-5:30 Lap Swim <b>5:30-6:30 H2O Fitness</b> 7:30-9:00 Family/Lap Swim	5:30-8:00 Lap Swim <b>8:15-9:15 H2O Fitness</b> 9:15-9:40 Lap Swim <b>9:40-9:50 10min Break</b> 9:50-10:15 Family/Lap Swim <b>10:15-2:45 Intersession Swim</b> <b>2:45-5:25 Swim Lessons</b> 5:25-9:00 Family/ Lap Swim 5:30-9:00 Family/Lap	5:30-8:00 Lap Swim <b>8:15-9:15 H2O Fitness</b> 9:15-9:40 Lap Swim <b>9:40-9:50 10min Break</b> 9:50-2:45 Family/Lap <b>2:45-5:10 Swim Lessons</b> 5:10-5:30 Lap Swim <b>5:30-6:30 H2O Fitness</b> 7:30-9:00 Family/Lap
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>

<p><b>8:00-4:40 Swim Lessons</b> 6:00 Family/ Lap Swim</p>	<p>4:40-5:30-8:00 Lap Swim <b>8:15-9:15 H2O Fitness</b> 9:15-9:40 Lap Swim <b>9:40-9:50 10min Break</b> 9:50-2:45 Family/Lap Swim <b>2:45-5:15 Swim Lessons</b> 5:10-5:30 Lap Swim <b>5:30-6:30 H2O Fitness</b> 7:30-9:00 Family/Lap Swim</p>	<p>5:30-8:00 Lap Swim <b>8:15-9:15 H2O Fitness</b> 9:15-9:40 Lap Swim <b>9:40-9:50 10min Break</b> 9:50-2:45 Family/Lap Swim <b>2:45-5:25 Swim Lessons</b> 5:25-9:00 Family/ Lap Swim 5:30-9:00 Family/Lap</p>	<p>5:30-8:00 Lap Swim <b>8:15-9:15 H2O Fitness</b> 9:15-9:40 Lap Swim <b>9:40-9:50 10min Break</b> 9:50-1:45 Family/Lap <b>1:45-2:45 A.S.P Swim</b> <b>2:45-5:10 Swim Lessons</b> 5:10-5:30 Lap Swim <b>5:30-6:30 H2O Fitness</b> 7:30-9:00 Family/Lap</p>
<p><b>28</b></p>	<p><b>29</b></p>	<p><b>30</b></p>	<p><b>31</b></p>
<p><b>8:00-4:40 Swim Lessons</b> 6:00 Family/ Lap Swim</p>	<p>4:40-5:30-8:00 Lap Swim <b>8:15-9:15 H2O Fitness</b> 9:15-9:40 Lap Swim <b>9:40-9:50 10min Break</b> 9:50-2:45 Family/Lap Swim <b>2:45-5:15 Swim Lessons</b> 5:10-5:30 Lap Swim <b>5:30-6:30 H2O Fitness</b> 7:30-9:00 Family/Lap Swim</p>	<p>5:30-8:00 Lap Swim <b>8:15-9:15 H2O Fitness</b> 9:15-9:40 Lap Swim <b>9:40-9:50 10min Break</b> 9:50-2:45 Family/Lap Swim <b>2:45-5:25 Swim Lessons</b> 5:25-9:00 Family/ Lap Swim 5:30-9:00 Family/Lap</p>	<p>5:30-8:00 Lap Swim <b>8:15-9:15 H2O Fitness</b> 9:15-9:40 Lap Swim <b>9:40-9:50 10min Break</b> 9:50-1:45 Family/Lap <b>1:45-2:45 A.S.P Swim</b> <b>2:45-5:10 Swim Lessons</b> 5:10-5:30 Lap Swim <b>5:30-6:30 H2O Fitness</b> 7:30-9:00 Family/Lap</p>

**2010**

**Revised as of 2/18/10**

Thursday	Friday	Saturday
<p><b>4</b></p> <p>5:30-8:00 Lap Swim  <b>8:15-9:15 H2O Fitness</b>            9:15-9:40 Lap Swim  <b>9:40-9:50 10min Break</b>            9:50-2:45 Family/Lap  <b>2:45-5:25 Swim Lessons</b>            5:25-6:00 Lap Swim  <b>6:00-6:45 Swim Lesson/Lap</b>            6:45-9:00 Family/Lap</p>	<p><b>5</b></p> <p>5:30-8:00 Lap Swim  <b>8:15-9:15 H2O Fitness</b>            9:15-9:40 Lap Swim  <b>9:40-9:50 10min Break</b>            9:50-2:45 Family/Lap Swim  <b>2:45-3:45 A.S.P Swim</b>            3:45-5:00 Lap Swim  <b>5:00-6:00 Swim Team</b>  <b>6:00-6:30 H.I.T Class</b>  <b>6:30-7:30 H2O Class</b>            7:30-9:00 Family/Lap Swim</p>	<p><b>6</b></p> <p><b>8:00-4:15 Swim Lessons</b>            4:15-6:00 Family/Lap Swim</p>
<p><b>11</b></p> <p>5:30-8:00 Lap Swim  <b>8:15-9:15 H2O Fitness</b>            9:15-9:40 Lap Swim  <b>9:40-9:50 10min Break</b>            9:50-2:45 Family/Lap  <b>2:45-5:25 Swim Lessons</b>            5:25-6:00 Lap Swim  <b>6:00-6:45 Swim Lesson/Lap</b>            6:45-9:00 Family/Lap</p>	<p><b>12</b></p> <p>5:30-8:00 Lap Swim  <b>8:15-9:15 H2O Fitness</b>            9:15-9:40 Lap Swim  <b>9:40-9:50 10min Break</b>            9:50-2:45 Family/Lap Swim  <b>2:45-3:45 A.S.P Swim</b>            3:45-5:00 Lap Swim  <b>5:00-6:00 Swim Team</b>  <b>6:00-6:30 H.I.T Class</b>  <b>6:30-7:30 H2O Class</b>            7:30-9:00 Family/Lap Swim</p>	<p><b>13</b></p> <p><b>8:00-4:15 Swim Lessons</b>            4:15-6:00 Family/Lap Swim</p>
<p><b>18</b></p> <p>5:30-8:00 Lap Swim  <b>8:15-9:15 H2O Fitness</b>            9:15-9:40 Lap Swim  <b>9:40-9:50 10min Break</b>            9:50-10:15 Family/Lap Swim  <b>10:15-2:45 Intersession Swim</b>  <b>2:45-5:25 Swim Lessons</b>            5:25-6:00 Lap Swim  <b>6:00-6:45 Swim Lesson/Lap</b>            6:45-9:00 Family/Lap</p>	<p><b>19</b></p> <p>5:30-8:00 Lap Swim  <b>8:15-9:15 H2O Fitness</b>            9:15-9:40 Lap Swim  <b>9:40-9:50 10min Break</b>            9:50-3:45 Family/Lap Swim            3:45-5:00 Lap Swim  <b>5:00-6:00 Swim Team</b>  <b>6:00-6:30 H.I.T Class</b>  <b>6:30-7:30 H2O Class</b>            7:30-9:00 Family/Lap Swim</p>	<p><b>20</b></p> <p><b>8:00-4:15 Swim Lessons</b>            4:15-6:00 Family/Lap Swim</p>
<p><b>25</b></p>	<p><b>26</b></p>	<p><b>27</b></p>

<p>5:30-8:00 Lap Swim  <b>8:15-9:15 H2O Fitness</b>  9:15-9:40 Lap Swim  <b>9:40-9:50 10min Break</b>  9:50-2:45 Family/Lap  <b>2:45-5:25 Swim Lessons</b>  5:25-6:00 Lap Swim  <b>6:00-6:45 Swim Lesson/Lap</b>  6:45-9:00 Family/Lap</p>	<p>5:30-8:00 Lap Swim  <b>8:15-9:15 H2O Fitness</b>  9:15-9:40 Lap Swim  <b>9:40-9:50 10min Break</b>  9:50-2:45 Family/Lap Swim  <b>2:45-3:45 A.S.P Swim</b>  3:45-5:00 Lap Swim  <b>5:00-6:00 Swim Team</b>  <b>6:00-6:30 H.I.T Class</b>  <b>6:30-7:30 H2O Class</b>  7:30-9:00 Family/Lap Swim</p>	<p><b>8:00-4:15 Swim Lessons</b>  4:15-6:00 Family/Lap Swim</p>
<p style="text-align: center;"><b>All members  must exit the pool  during a 10 min break.  (Pool schedule is subject to  change without notice.)</b></p>		<p style="text-align: center;">Mililani YMCA  95-1190 Hikikaulia St.  Mililani, HI 96789  Ph:(808)625-1040  Fax: (808)625-1327  www.ymcahonolulu.org</p>