

# YAQUATICS™

We build strong kids, strong families, strong communities.

*(Schedule Subject to Change Without Notice)*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>September 2010</b>						
Lap Swim 5:30am-7:30am	Lap Swim 5:30am-7:30am	Lap Swim 5:30am-7:30am	Lap Swim 5:30am-7:30am	Lap Swim 5:30am-7:30am	Swim Lessons 8:00am - 4:15pm	Swim Lessons 8:00am - 4:40pm
<b>7:30am 10 Minute Break All Members Must Exit the Pool</b>					Family/Lap Swim 4:15pm - 6:00pm	Family/Lap Swim 4:40pm-6:00pm
Lap Swim 7:40am-8:00am	Lap Swim 7:40am-8:15am	Lap Swim 7:40am-8:15am	Lap Swim 7:40am-8:15am	Lap Swim 7:40am-8:15am		
H2O Fitness 8:00am-9:00am	H2O Fitness 8:15am-9:15am	H2O Fitness 8:00am-9:00am	H2O Fitness 8:15am-9:15am	H2O Fitness 8:15am-9:15am		
Water Zumba 9:10am-9:40am	Lap Swim 9:15am-9:40am	Water Zumba 9:10am-9:40am	Lap Swim 9:15am-9:40am	Lap Swim 9:15am-9:40am	<b>Reminder</b>  <b>September 06, 2010</b> Pool Closed for Labor Day	
<b>9:40am 10 Minute Break All Members Must Exit the Pool</b>					<b>Come and Join Us!</b>  <b>September 10, 2010</b> 7:30pm-9:00pm Bingo  <b>September 25, 2010</b> 7:30am-1:00pm Member Hike T.B.A.  <b>Thought of the Month</b>  Success is when preparation meets Op- portunity  -Unknown	
Family/Lap Swim 9:50am-2:45pm	Family/Lap Swim 9:50am-2:45pm	Family/Lap Swim 9:50am-1:45pm A.S.P. Swim 1:45pm-2:45pm	Family/Lap Swim 9:50am-2:45pm	Family/Lap Swim 9:50am-2:45pm		
Swim Lessons 2:45pm-5:15pm	Swim Lessons 2:45pm-5:25pm	Swim Lessons 2:45pm-5:15pm	Swim Lessons 2:45pm-5:25pm	A.S.P Swim 2:45pm-3:45pm		
Lap Swim 5:15pm-6:00pm Water Zumba 6:00pm-6:30pm	Lap Swim 5:25pm-6:30pm	Lap Swim 5:15pm-6:30pm	Lap Swim 5:25pm-9:00pm (2 Lanes) Adult Lessons 6:00pm-6:45pm (2 Lanes)	Swim Team 5:00pm-6:00pm H.I.T Class 6:00pm-6:30pm		
H2O Fitness 6:30pm-7:30pm	Family/Lap Swim 6:30pm-9:00pm	H2O Fitness 6:30pm-7:30pm	Family/Lap Swim 6:45pm-9:00pm	H2O Fitness 6:30pm-7:30pm		
Family/Lap Swim 7:30pm-9:00pm		Family/Lap Swim 7:30pm-9:00pm		Family/Lap Swim 7:30pm-9:00pm		
<b>9:00pm Pool Closed</b>						

**Mililani YMCA**

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Revised as of: 09/01/10