



We build strong kids, strong families, strong communities.

YMCA of Honolulu Windward Branch Pool Schedule

Effective August 1st to November 30th, 2010

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:30 am to 7:55 am	Lap Swim (6 Lanes)	Lap Swim (6 Lanes)	Lap Swim (6 Lanes)	Lap Swim (6 Lanes)	Lap Swim (6 Lanes)
8:00 am to 8:55 am	H2O Arthritis (6 Lanes)	H2O (4 Lanes) Lap Swim (2 Lanes)	H2O Arthritis (6 Lanes)	H2O (4 Lanes) Lap Swim (2 Lanes)	H2O Arthritis (6 Lanes)
9:00 am to 10:00 am	Lap Swim (4 Lanes)*	H2O Arthritis (3 Lanes) Lap Swim (3 Lane)*	Lap Swim (4 Lanes)*	H2O Arthritis (3 Lanes) Parent/Tot (2 Lanes) Lap Swim (1 Lane)	Lap Swim (4 Lanes)*
9:00 am to 1:00 pm	Physical Therapy (2 Lanes)*	Lap Swim (4 Lanes)* Physical Therapy (2 Lanes)*	Physical Therapy (2 Lanes)*	Lap Swim (4 Lanes)* Physical Therapy (2 Lanes)*	Physical Therapy (2 Lanes)*
1:00 pm to 3:00 pm	Lap Swim (4 Lanes)* Rec Swim (2 Lanes)	T.C.S. Swim (2 Lanes) 2:20pm-2:55pm	Lap Swim (4 Lanes)* Rec Swim (2 Lanes)	T.C.S. Swim (2 Lanes) 2:20pm-2:55pm	Lap Swim (4 Lanes)* Rec Swim (2 Lanes)
3:00pm to 5:00pm	Swim Lessons (2 Lanes) Lap Swim (2 Lanes) Rec Swim (2 Lanes)	Lap Swim (2-4 Lanes)* Rec Swim (2 Lanes)	Swim Lessons (2 Lanes) Lap Swim (2 Lanes) Rec Swim (2 Lanes)	Lap Swim (2-4 Lanes)* Rec Swim (2 Lanes)	Swim Lessons (2 Lanes) Lap Swim (2 Lanes) Rec Swim (2 Lanes)
5:05 pm to 6:20 pm	H2O (3 Lanes) Swim Team (3 Lanes)	H2O FIT (3 Lanes) Swim Lessons (2 Lanes) Lap Swim (1 Lane)	H2O (3 Lanes) Swim Team (3 Lanes)	H2O FIT (3 Lanes) Swim Lessons (2 Lanes) Lap Swim (1 Lane)	H2O (3 Lanes) Swim Team (3 Lanes)
6:20 pm to 7:25 pm	Lap Swim (4 Lanes)* Rec Swim (2 Lanes)	Lap Swim (4 Lanes)* Rec Swim (2 Lanes)	Lap Swim (4 Lanes)* Rec Swim (2 Lanes)	Lap Swim (4 Lanes)* Rec Swim (2 Lanes)	Lap Swim (4 Lanes)* Rec Swim (2 Lanes)
7:30 pm	***CLOSED***				

***Number of lanes may vary due to Childcare Programs, Private Swim Lessons, and other YMCA Special Swim Events. Please call the Welcome Center for more information. Mahalo.**

Windward Branch Swimming Pool has six (6) Lanes.

Time	Saturday	Sunday
8:00 am to 12:10 pm	Swim Lessons (6 Lanes)	Pool Closed
12:15 pm to 1:00 pm	Swim Lessons (3 Lanes) H2O (3 Lanes)	
1:00 pm to 2:00 pm	Lap Swim (2-4 Lanes)* Rec Swim (2-3 Lanes)*	Lap Swim (4 Lanes)* Rec Swim (2 Lanes)
2:00 pm to 4:55 pm	Lap Swim (2-4 Lanes)* Rec Swim (2-3 Lanes)*	Mermaids (2 Lanes) Lap Swim (2 Lanes)* Rec Swim (2 Lanes)
5:00 pm	***CLOSED***	