



We build strong kids, strong families, strong communities.

YMCA of Honolulu Windward Branch Pool Schedule

Effective February 1st to March 31st, 2010

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)
8:00 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	Lap Swim (2-4 Lanes)*	H2O Arthritis (3 Lanes) Lap Swim (3 Lanes)	Lap Swim (2-4 Lanes)*	H2O Arthritis (3 Lanes) Parent/Tot (2 Lanes) Lap Swim (1 Lane)	Lap Swim (2-4 Lanes)*
10:00 am	Physical Therapy (2-3 Lanes)*	Lap Swim (2-3 Lanes)* Physical Therapy (2-3 Lanes)*	Physical Therapy (2-3 Lanes)*	Lap Swim (2-3 Lanes)* Physical Therapy (2-3 Lanes)*	Physical Therapy (2-3 Lanes)*
1:00 pm	Lap Swim (2-4 Lanes)* Rec Swim (2 Lanes)	Lap Swim (2-4 Lanes)*	Lap Swim (2-4 Lanes)* Rec Swim (2 Lanes)	Lap Swim (2-4 Lanes)*	Lap Swim (2-4 Lanes)* Rec Swim (2 Lanes)
3:00 pm	Lap Swim (2 Lanes) Rec Swim (2 Lanes) Swim Lessons (2 Lanes)	Rec Swim (2 Lanes)	Lap Swim (2 Lanes) Rec Swim (2 Lanes) Swim Lessons (2 Lanes)	Rec Swim (2 Lanes)	Lap Swim (2 Lanes) Rec Swim (2 Lanes) Swim Lessons (2 Lanes)
5:15 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)
6:15 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.**

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