



We build strong kids, strong families, strong communities.

### Helen G. Nassif Pool Schedule Sunday, Sept 5 – Saturday, Oct 2, 2010

- ❑ Please note that private lessons may be conducted at any time, private lessons do have an effect on lap lane availability.
- ❑ Please remember that there is typically only one lap lane available during swimming lessons. If it is possible to expand the number of lanes available on given lesson days we will certainly do that.
- ❑ Please note Open Swim times. There is **NO** Open Swim other than at these scheduled times. Lap lanes are for lap swimming only. Kickboards, flippers, and pull buoys are for lap swimming use only.
- ❑ Adult Only Swim Times are Monday – Thursday 8:30 – 9:30 PM. No one under the age of 18 is allowed in the pool, whirlpool, or pool area during Adult Swim.
- ❑ Programming Notes: Please remember that the Helen G. Nassif YMCA will be closed for Labor Day on Monday, Sept 6. The first session of fall swimming lessons will begin the week of Sept 5 – registration for this first session of lessons and clinics is currently open.

#### OPEN SWIM

|             |                 |
|-------------|-----------------|
| MON – FRI   | 9:00 – 11:30 AM |
| MON – FRI   | 1:30 – 4:00 PM  |
| MON/WED/FRI | 7:00 – 8:30 PM  |
| SATURDAY    | 1:00 – 5:30 PM  |
| SUNDAY      | NOON – 4:30 PM  |

#### SWIM LESSONS AND CLINICS

|          |                |
|----------|----------------|
| MON/WED  | 4:00 – 5:00 PM |
| TUE/THU  | 4:00 – 7:00 PM |
| SATURDAY | 8:00 – 12 NOON |

#### WATER EXERCISE

|             |                                |
|-------------|--------------------------------|
| MON/WED/FRI | 7:30 – 8:15 AM                 |
| TUES/THURS  | 7:30 – 8:15 AM; 7:00 – 7:45 PM |
| SATURDAY    | 7:00 – 8:00 AM                 |

#### ADULT SWIM

|           |                |
|-----------|----------------|
| MON – THU | 8:30 – 9:30 PM |
|-----------|----------------|

#### LAP SWIMMING/WATER WALKING

|          |   |
|----------|---|
| MON/WED  | 5:00 – 7:30 AM (ENTIRE POOL); 7:30 – 11:30 AM (3 LANES);<br>11:30 – 1:30 PM (ENTIRE POOL); 1:30 – 5:00 PM (3 LANES);<br>5:00 – 7:00 PM (ENTIRE POOL); 7:00 – 9:30 PM (3 LANES -<br>8:30 – 9:30 IS ADULT SWIM) |
| TUE/THU  | 5:00 – 7:30 AM (ENTIRE POOL); 7:30 – 11:30 AM (3LANES);<br>11:30 – 1:30 PM (ENTIRE POOL); 1:30 – 5:00 PM (3 LANES)<br>5:00 – 7:00 PM (1 LANE); 7:00 – 9:30 PM (3 LANES -<br>8:30 – 9:30 IS ADULT SWIM)        |
| FRIDAY   | 5:00 – 7:30 AM (ENTIRE POOL); 7:30 – 11:30 AM (3 LANES);<br>11:30 – 1:30 PM (ENTIRE POOL); 1:30 – 4:00 PM (3 LANES);<br>4:00 – 7:00 PM (ENTIRE POOL); 7:00 – 8:30 PM (3 LANES)                                |
| SATURDAY | 7:00 – 8:00 AM (3 LANES); 8:00 – 12:00 PM (1 OR 2 LANES);<br>12:00 PM – 1:00 PM (ENTIRE POOL); 1:00 – 5:30 PM (3 LANES)   |
| SUNDAY   | NOON – 4:30 PM (3 LANES)  |

YMCA MISSION: To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.