

Marion YMCA – Pool Schedule – September 2010 (subject to change based on program needs)

Please note that private swim lessons may be conducted at any time, private swim lessons do have an effect on lap lane availability.

Sunday - Closed	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>Pool-Age Requirement Policy</p> <p>Children 9 and younger who are unable to pass the swim test are permitted in the pool ONLY if accompanied in the water by a parent/adult guardian.</p> <p>Children 10 and older who are unable to pass the swim test are permitted ONLY in the shallow end of the pool.</p> <p>Children 9 and younger who are able to pass the swim test are permitted to swim, but a parent or a responsible person of at least 14 years of age MUST be in the pool area to provide direct supervision.</p> <p>Children 10 and older who are able to pass the swim test are permitted to swim without a parent/adult Guardian in the pool or the building.</p>	<p>Lap Swim 5:30 – 7:00am</p>	<p>Lap Swim 5:30 – 8:30am</p>	<p>Lap Swim 5:30 – 7:00am</p>	<p>Lap Swim 5:30 – 8:30am</p>	<p>Lap Swim 5:30 – 7:00am</p>	<p>Lap Swim 7:00 – 8:00am</p>	
	<p>Water Aerobics (high intensity) (2 lap lanes) 7:05 – 8:00am 8:05 – 9:00am</p>	<p>Water Aerobics (low impact) (3 lap lanes) 8:30 – 9:15am</p>	<p>Water Aerobics (high intensity) (2 lap lanes) 7:05 – 8:00am 8:05 – 9:00am</p>	<p>Water Aerobics (low impact) (3 lap lanes) 8:30 – 9:15am</p>	<p>Water Aerobics (high intensity) (2 lap lanes) 7:05 – 8:00am 8:05 – 9:00am</p>	<p>Swim Lessons (1 lap lane) 8:00am – 12pm</p>	
	<p>Arthritis Water Exercise (2 lap lanes) 9:05 – 9:50am</p>	<p>Lap Swim (3 lap lanes) 9:15 – 10:00am</p>	<p>Arthritis Water Exercise (2 lap lanes) 9:05 – 9:50am</p>	<p>Lap Swim (3 lap lanes) 9:15 – 10:00am</p>	<p>Arthritis Water Exercise (2 lap lanes) 9:05 – 9:50am</p>		
	<p>AM Swim Lessons (1 lap lane) 10:00am – 12pm</p>	<p>AM Swim Lessons (1 lap lane) 10:00am – 12pm</p>	<p>AM Swim Lessons (1 lap lane) 10:00am – 12pm</p>	<p>AM Swim Lessons (1 lap lane) 10:00am – 12pm</p>	<p>AM Swim Lessons (1 lap lane) 10:00am – 12pm</p>	<p>Open Swim 10:00am – 12pm</p>	
	<p>Lap Swim 12:00 – 1:00pm</p>	<p>Lap Swim 12:00 – 1:00pm</p>	<p>Lap Swim 12:00 – 1:00pm</p>	<p>Lap Swim 12:00 – 1:00pm</p>	<p>Lap Swim 12:00 – 1:00pm</p>	<p>Lap Swim 12:00 – 1:00pm</p>	<p>Lap Swim 12:00 – 1:00pm</p>
	<p>Open Swim 1:00 – 4:00pm</p>	<p>Open Swim 1:00 – 4:00pm</p>	<p>Open Swim 1:00 – 4:00pm</p>	<p>Open Swim 1:00 – 4:00pm</p>	<p>Open Swim 1:00 – 4:00pm</p>	<p>Community Swim 1:00 – 6:45pm</p>	<p>Open Swim 1:00 – 2:45pm</p>
	<p>PM Swim Lessons (1 lap lane) 4:00 – 7:30pm</p>	<p>PM Swim Lessons (1 lap lane) 4:00 – 6:00pm</p>	<p>PM Swim Lessons (1 lap lane) 4:00 – 7:30pm</p>	<p>PM Swim Lessons (1 lap lane) 4:00 – 7:30pm</p>	<p>PM Swim Lessons (1 lap lane) 4:00 – 6:00pm</p>	<p>Cost: Free to members</p>	
	<p>Open Swim 7:30 – 8:45pm</p>	<p>Deep Water Aerobics (no lap lanes) 6:00 – 7:00pm</p>	<p>Deep Water Aerobics (no lap lanes) 6:00 – 7:00pm</p>	<p>Deep Water Aerobics (no lap lanes) 6:00 – 7:00pm</p>	<p>Deep Water Aerobics (no lap lanes) 6:00 – 7:00pm</p>	<p>Non-members Adult (18+) \$3.50 Youth \$2.50</p>	
<p>Open Swim 7:30 – 8:45pm</p>	<p>Open Swim 7:00 – 8:45pm</p>	<p>Open Swim 7:30 – 8:45pm</p>	<p>Open Swim 7:30 – 8:45pm</p>	<p>Open Swim 7:00 – 8:45pm</p>			

