



Fishers YMCA Pool Schedule: JAN 9-FEB 26

INDOOR FITNESS (LARGE) POOL

MON	TUE	WED	THU	FRI	SAT	SUN	
5:00 - 9:00am (5) Lap Swim	5:00 - 9:30am (7) Lap Swim	5:00 - 9:00am (5) Lap Swim 6:00-7:00am (2) Wellness	5:00 - 9:30am (7) Lap Swim 6:00-7:00am (2) Wellness	5:00 - 10:00am (5) Lap Swim	7:00 - 8:00am (7) Lap Swim	11:00am - 3:30pm OPEN SWIM (3) Lap Swim 3:30-4:30pm Super Sunday Aerobics (*MG) 4:30-5:45pm OPEN SWIM (3) Lap Swim	
9:00 - 9:45am Shallow Water Aerobics (*KM) 9:00 - 10:15am (2) Lap Swim (1) Lessons	9:00 - 10:00am Deep Water Aerobics (*MY) 9:30 - 10:15am (2) Lap Swim (1) Lessons	9:00 - 9:45am Shallow Water Aerobics (TBD) 9:00 - 10:15am (2) Lap Swim (1) Lessons	9:00 - 10:00am Deep Water Aerobics (*Kim) 9:30 - 10:15am (2) Lap Swim (1) Lessons		8:00 - 9:30am (3) Super Saturday Aerobics (*SM) (3) Lap Swim (1) Lessons		
10:00 - 11:00am Shallow Water Aerobics (*SM) (2) Lap Swim (1) Lessons	10:15 - 11:30am OPEN SWIM (3) Lap Swim (1) Lessons	10:00 - 11:00am Shallow Water Aerobics (*SM) (2) Lap Swim (1) Lessons	10:15 - 11:30am (3) Lap Swim 10:15-10:45 (3) Tri Training (1) Lessons	10:00 - 11:00am Deep Water Aerobics (*AT) (2) Lap Swim (1) Lessons	9:30am - 12:00pm Lessons (2) Lap Swim		
11:30 - 1:00pm (4) Lap Swim (3) OPEN SWIM	11:30 - 1:00pm (4) Lap Swim (3) OPEN SWIM	11:30 - 1:00pm (4) Lap Swim (3) OPEN SWIM	11:30 - 1:00pm (4) Lap Swim (3) OPEN SWIM	11:30 - 1:00pm (4) Lap Swim (3) OPEN SWIM	12:00pm - 6:45pm OPEN SWIM (3) Lap Swim (1) Lessons		
1:00 - 4:00pm (4) Lap Swim (3) OPEN SWIM	1:00 - 4:00pm OPEN SWIM (3) Lap Swim (1) St. Vincent (1) Lessons	1:00 - 4:00pm OPEN SWIM (3) Lap Swim	1:00 - 4:00pm OPEN SWIM (3) Lap Swim (1) St. Vincent	1:00 - 5:00pm (3) OPEN SWIM (3) Lap Swim			
4:00 - 7:00pm (3) Lessons (1) Lap Swim (3) Stroke Onward	4:00 - 7:00pm (4) Lessons (3) Lap Swim	4:00 - 7:00pm (1) Lessons (2) Lap Swim (3) Stroke Onward	4:00 - 7:00pm (4) Lessons (3) Lap Swim	5:00 - 7:00pm (4) Stroke Onward (3) Lap Swim	<i>Please Note: On all days, the number of lap lanes may decrease/increase depending on the number of Aquatics program participants. We will keep (1) lane for lap swimming during high program usage times.</i>		
7:00 - 8:00pm Deep Water Aerobics (*MG) (2) Lap Swim (1) Lessons	7:00 - 8:00pm Shallow Water Aerobics (*CJ) (2) Lap Swim (2) Adult Lessons	7:00 - 8:00pm Deep Water Aerobics (*FK) (2) Lap Swim	7:00 - 8:00pm Shallow Water Aerobics (*TK) (2) Lap Swim (2) Adult Lessons	7:00 - 9:00pm OPEN SWIM (3) Lap Swim	*Instructor Key GK = Glenda Kim = Kim CJ = Candace MY = Maureen FK = Freedom MG = Molly AT = Ariane SM = Stephanie TK = Tanya KM = Kari		
8:00 - 9:45pm OPEN SWIM (3) Lap Swim	8:00 - 9:45pm OPEN SWIM (3) Lap Swim	8:00 - 9:45pm OPEN SWIM (3) Lap Swim	8:00 - 9:45pm OPEN SWIM (3) Lap Swim				

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INDOOR PROGRAM (SMALL) POOL

MON	TUE	WED	THU	FRI	SAT	SUN
9:30am - 11:30am Lessons	8:00 - 9:15am Senior Swim	9:00 - Noon Private Lessons	8:00 - 9:15am Senior Swim	9:00 - 10:00 am AOA Class (*GK)	9:00am - 12:30pm Lessons	11:00am - 5:45pm OPEN SWIM
11:30am - 1:00pm Open Swim (Deep Side) 11:15 - 12:00pm Gym & Swim on Shallow Side	9:30 - 10:30 am Water Yoga 10:30am - 12:00 pm Lessons	Noon - 1:00pm Deep Side OPEN SWIM 11:15 - 12:00pm Gym & Swim on Shallow Side	9:30 - 12:00pm Lessons 11:15am-12:00pm Gym & Swim on Shallow Side	10:30 - 11:00am Deep Side OPEN SWIM 10:15 - 11:00am Gym & Swim on Shallow Side		
1:00 - 2:00 pm AOA Class (*TK)	12:00pm - 1:30pm OPEN SWIM	1:00 - 2:00 pm AOA Class (*TK)	12:00pm - 3:45pm OPEN SWIM	11:00am - 12:00pm OPEN SWIM	12:30 - 6:45pm OPEN SWIM	
2:00 - 4:00 pm OPEN SWIM	1:30 - 4:30pm St. Vincent Therapy	2:00 - 4:00 pm OPEN SWIM	1:15 - 1:45pm Lessons (Deep Side)	12:00-1:00pm AOA Class (Deep Side)		
4:00 - 7:00 pm Lessons 6:00-7:00pm Shallow Side OPEN SWIM	2:00 - 7:00 pm Lessons	4:00 - 7:00 pm Lessons 5:00 - 6:00 pm Water Pilates Pre/Postnatal (Deep Side)	4:00 - 7:00pm Lessons	1:15 - 1:45pm Lessons (Deep Side) 1:45 - 9:00pm OPEN SWIM		
7:00 - 9:00 pm OPEN SWIM	7:00 - 9:00 pm OPEN SWIM	7:00 - 9:00 pm OPEN SWIM	7:00 - 9:00 pm OPEN SWIM			Updated 01.06.12

Fishers YMCA



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FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

OPEN SWIM HOURS

JAN 9 - FEB 26

PROGRAM (SMALL) POOL	FITNESS (LARGE) POOL
<p>MONDAY 11:30am - 1:00pm (deep side) 2:00pm - 4:00pm 6:00 - 7:00pm (shallow side) 7:00-9:00pm</p>	<p>MONDAY 11:30 - 4:00pm 8:00 - 9:45pm</p>
<p>TUESDAY 12:00 - 1:30pm 7:00 - 9:00pm</p>	<p>TUESDAY 10:15 - 4:00pm 8:00 - 9:45pm</p>
<p>WEDNESDAY 12:00 - 1:00pm (deep side) 2:00 - 4:00 pm 7:00 - 9:00pm</p>	<p>WEDNESDAY 11:30am - 4:00pm 8:00 - 9:45pm</p>
<p>THURSDAY 12:00 - 1:15pm 1:15-1:45pm (shallow side) 1:45-3:45pm 7:00 - 9:00pm</p>	<p>THURSDAY 10:15 - 4:00pm 8:00 - 9:45pm</p>
<p>FRIDAY 10:30 - 11:00am (deep side) 11:00am-12:00pm (all pool) 12:00-1:45pm (shallow side) 1:45 - 9:00pm</p>	<p>FRIDAY 11:30am - 5:00pm 7:00 - 9:00pm</p>
<p>SATURDAY 12:30 - 6:45pm</p>	<p>SATURDAY 12:00 - 6:45pm</p>
<p>SUNDAY 11:00 a.m. - 5:45 p.m.</p>	<p>SUNDAY 11:00 a.m. - 3:30 p.m. 4:30 - 5:45 p.m.</p>

QUESTIONS? See anyone in Aquatics!

Fishers YMCA
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