

**Decatur Family YMCA  
Family Pool Schedule  
January 1st to May 27th, 2012**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
During Parent/Child & Family Swim, parents must be in the water with child(ren)		Adult Water Walk 6:00am - 3:30pm		Adult Water Walk 6:00am - 3:30pm		During Baby n Me Swim, participants must stay on the zero depth side of the pool
	Adult Water Walk 7:00am - 3:30pm		Adult Water Walk 7:00am - 3:30pm		Adult Water Walk 7:00am - 3:30pm	
		Swim Lessons 9:30am - 10:15am		Swim Lessons 9:00am - 10:15am		
Adult Open Swim 12:00pm - 1:00pm	Baby n Me Swim 0-3yrs: parent required 10am - 11:15am		Baby n Me Swim 0-3yrs: parent required 10am - 11:15am		Baby n Me Swim 0-3yrs: parent required 10am - 11:15am	Swim Lesson 9:00am - 12:45pm
Family Open Swim 1:00pm - 4:00pm	Parent/Child Swim 0-8yrs: parent required 11:15am - 12:45pm	Parent/Child Swim 0-8yrs: parent required 11:15am - 1:00pm	Parent/Child Swim 0-8yrs: parent required 11:15am - 12:45pm	Parent/Child Swim 0-8yrs: parent required 11:15am - 1:00pm	Parent/Child Swim 0-8yrs: parent required 11:15am - 12:45pm	Open Swim 1:00pm - 4:00pm
	Adult Water Walk 2:00 pm - 3:15pm	Family Swim Parent Required 1:00pm - 3:30pm	Adult Water Walk 2:00 pm - 3:15pm	Family Swim Parent Required 1:00pm - 3:30pm	Adult Water Walk 1:00 pm - 6:00pm	
When aerobic classes are occurring, water walking is in the water walking circle only.	Swim Lessons 3:30pm - 6:30pm	Swim Lessons 3:30pm - 6:30pm	Swim Lessons 3:30pm - 6:30pm	Swim Lessons 3:30pm - 6:30pm	Family Swim 4:00pm - 6:00pm	Parents, when in the pool with your child(ren) please be respectful of other swimmers: Please Avoid Splashing & Rough Play
	Open Swim 6:45pm - 9:00pm * 6:45-8 shallow side only	Open Swim 6:45pm - 9:00pm	Open Swim 6:45pm - 9:00pm * 6:45-8 shallow side only	Open Swim 6:45pm - 9:00pm	Open Swim 6:00pm - 9:00pm	

**Spring Aquatic Exercise Schedule**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Free To Members	<b>Arthritis</b> 9:30am - 10:15am 10:15am - 11:00am 1:00pm - 1:45pm 7:00pm - 7:45pm	<b>A+</b> 9:30am - 10:15am	<b>Arthritis</b> 9:30am - 10:15am 10:15am - 11am 1:00pm - 1:45pm 7:00pm - 7:45pm	<b>A+</b> 9:30am - 10:15am	<b>Arthritis</b> 9:30am - 10:15am 10:15am - 11:00am 1:00pm - 1:45pm	<b>Pilates</b> 8:00am - 8:45am
		<b>Arthritis</b> 10:15am - 11:00am		<b>Arthritis</b> 10:15am - 11:00am		
		<b>Legs &amp; Core</b> 5:00pm - 5:45pm		<b>Legs &amp; Core</b> 5:00pm - 5:45pm		

We provide for our Active Older Adults through free to member Water Exercise Programs thanks in part to the Whinnery Trust.