

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Lap Swim 4:30am - 11:30am	Lap Swim 4:30am - 11:30am	Lap Swim 4:30am - 11:30am	Lap Swim 4:30am - 11:30am	Lap Swim 4:30am - 11:30am	Lap Swim 6:00am - 9:00am
	Adult Swim 11:30am - 1:00pm	Adult Swim 11:30am - 1:00pm	Adult Swim 11:30am - 1:00pm	Adult Swim 11:30am - 1:00pm	Adult Swim 11:30am - 1:00pm	Lap Swim & Lessons 9:00am- 1:00pm
	Open Swim 1:00pm - 4:00pm	Open Swim 1:00pm - 4:00pm	Open Swim 1:00pm - 4:00pm	Open Swim 1:00pm - 4:00pm	Open Swim 1:00pm - 4:00pm	Open Swim 1:00pm - 4:00pm
Adult Swim 12:00pm - 1:00pm						
Open Swim 1:00pm - 4:00pm	Lap Swim 4:00pm - 7:00pm	Lap Swim 4:00pm - 7:00pm	Lap Swim 4:00pm - 7:00pm	Lap Swim 4:00pm - 7:00pm	Lap Swim 4:00pm - 6:00pm	*Swim Team Practices*
	Swim Team 5pm - 6:30pm	Swim Team 5pm - 6:30pm	Swim Team 5pm - 6:30pm	Swim Team 5pm - 6:30pm	Swim Team 4pm - 5:30 pm	Mon - Fri 5-8 p.m.
	Swim Lessons 4:00pm-7:00pm	Swim Lessons 4:00pm-7:00pm	Swim Lessons 4:00pm-7:00pm	Swim Lessons 4:00pm-7:00pm		
	Open Swim 7:00pm - 9:00pm	Open Swim 7:00pm - 9:00pm	Open Swim 7:00pm - 9:00pm	Open Swim 7:00pm - 9:00pm	Open Swim 6:00pm - 9:00pm	

SCUBA EQUIPMENT ALLOWED 8-9 P.M. MUST BE CERTIFIED

Spring Aquatic Exercise Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	
Free To Members	Water Workout 6:00am - 6:45am 9:00am - 10:00am 10:00am - 11:00am 6:00pm - 7:00pm Deep H2O Workout 8:30am - 9:00am	Water Workout 9:00am - 10:00am 5:15pm - 6:15pm	Water Workout 6:00am - 6:45am	Water Workout 9:00am - 10:00am 5:15pm - 6:15pm	Water Workout 6:00am - 6:45am	Free To Members
			9:00am - 10:00am		9:00am - 10:00am	
			10:00am - 11:00am		10:00am - 11:00am	
			Deep H2O Workout 8:30am - 9:00am		Deep H2O Workout 8:30am - 9:00am	
Fee for Class		Aquatic Prenatal 5:45pm - 6:45pm		Aquatic Prenatal 5:45pm - 6:45pm		Fee for Class

The Y strengthens youth in our community by teaching over 1,000 children each year how to swim.
By providing Y cares we make sure no child is left out of the water