

6-LANE POOL SCHEDULE

Nir Family YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00-6:00AM Lap Swim (6 Lanes)	5:00-6:00AM Lap Swim (6 Lanes)	5:00-6:00AM Lap Swim (6 Lanes)	5:00-6:00AM Lap Swim (6 Lanes)	5:00-10:00AM Lap Swim (5 Lanes)	7:00-5:00PM Lap Swim (5 Lanes) Programs (1 Lane)
					SUNDAY
6:00-10:00AM Lap Swim (5 Lanes)	6:00-8:00AM Masters Swim	6:00-10:00AM Lap Swim (5 Lanes)	6:00-8:00AM Masters Swim		12:00-4:30PM Lap Swim (5 Lanes) Programs (1 Lane)
10:00-10:10 am Lap Swim (4 Lanes)	7:15-8:00AM Deep Water Aerobics w/Tonya	10:00AM-10:10AM Lap Swim (4 Lanes) Water Aerobics (1 Lane)	7:15-8:00AM Deep Water Aerobics w/Alicia M.	10:00AM-10:10AM Lap Swim (4 Lanes) Water Aerobics (1 Lane)	<p>Scan Here for Live Schedule</p>  
	8:00AM-11:00AM Lap Swim (5 Lanes)		8:00AM-11:10AM Lap Swim (5 Lanes)		
10:15-11:00AM Deep Water Aerobics w/Alicia M.		10:15-11:00AM Deep Water Aerobics w/Cindy.		10:15-11:00AM Deep Water Aerobics w/ Y Admin	
11:00AM-1:00PM Lap Swim (5 Lanes) Water Jogging (1 Lane)	11:00AM-12:15PM Lap Swim (5 Lanes) Water Jogging (1 Lane)	11:00AM-1:15PM Lap Swim (5 Lanes) Water Jogging (1 Lane)	11:15AM-12:00PM Deep Water Aerobics w/ Y Admin. (3 Lanes) Lap Swim (3 Lanes)		
	12:15-1:15PM Masters Swim		12:15-1:15PM Masters Swim		
1:00-4:00PM Lap Swim (4 Lanes) Water Jogging (1 Lane)	1:15-3:15PM Lap Swim (4 Lanes) Camp Swim (2 Lanes)	1:15-3:15PM Lap Swim (4 Lanes) Camp Swim (2 Lanes)	1:15-3:15PM Lap Swim (4 Lanes) Camp Swim (2 Lanes)	11:00AM-4:00PM Lap Swim (5 Lanes) Water Jogging (1 Lane)	
		3:15-4:00PM Lap Swim (5 Lanes)			
4:00PM-4:30PM Swim Team (4 Lanes) Lap Swim (2 Lanes)	3:15-4:45PM Lap Swim (5 Lanes) Water Jogging (1 Lane)	4:00PM-4:30PM Swim Team (4 Lanes) Lap Swim (2 Lanes)	3:15-4:45PM Lap Swim (5 Lanes) Water Jogging (1 Lane)	4:00PM-4:30PM Swim Team (4 Lanes) Lap Swim (2 Lanes)	
4:30-7:30PM Swim Team (4 Lanes) Lap Swim (2 Lanes)	4:45-7:30PM Swim Team (4 Lanes) Lap Swim (2 Lanes)	4:30-7:30PM Swim Team (4 Lanes) Lap Swim (2 Lanes)	4:45-7:30PM Swim Team (4 Lanes) Lap Swim (2 Lanes)	4:30-7:30PM Swim Team (4 Lanes) Lap Swim (2 Lanes)	
7:30-8:30PM Lap Swim (6 Lanes)	7:30-8:30PM Lap Swim (6 Lanes)	7:30-8:30PM Lap Swim (6 Lanes)	7:30-8:30PM Lap Swim (6 Lanes)	7:30-8:30PM Lap Swim (6 Lanes)	

Reservations are required for all water aerobics classes.

Check your app for changes to the schedule, as this schedule is a tentative outline.



FAMILY POOL SCHEDULE

Nir Family YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					7:00AM-1:00PM Swim Lessons
7:00-7:45AM Shallow Water Aerobics w/Leandra G.	7:15-8:00AM Family Swim Recreational swim	7:00-7:45AM Shallow Water Aerobics w/Leandra G.	7:15-8:00AM Family Swim Recreational swim	7:00-7:45AM Shallow Water Aerobics w/Leandra G.	1:00-3:00PM Family Swim Recreational swim
8:00-8:45AM Shallow Water Aerobics w/ Laura N.	8:00-8:45AM Shallow Water Aerobics w/ Laura N.	8:00-8:45AM Shallow Water Aerobics w/ Laura N.	8:00-8:45AM Shallow Water Aerobics w/ Laura N.	8:00-8:45AM Shallow Water Aerobics w/ Laura N.	3:00-4:00PM Family Swim or Birthday Parties (Check App)
9:00-9:45AM Shallow Water Aerobics w/Will H.	9:00-9:45AM Shallow Water Cardio w/Will H.	9:00-9:45AM Shallow Water Aerobics w/Will H.	9:00-9:45AM Shallow Water Cardio w/Will H.	9:00-9:45AM Shallow Water Aerobics w/Will H.	4:00-5:00PM Family Swim or Birthday parties (Check App)
10:00AM-12:00PM Family Swim Recreational Swim	10:00-11:00AM Family Swim Recreational Swim	10:00AM-12:00PM Swim Lessons	10:00AM-11:00AM Family Swim Recreational Swim	10:00AM-12:00PM Family Swim Recreational Swim	SUNDAY
	11:00AM-12:00PM Swim Lessons		11:00AM-12:00PM Swim Lessons		12:00PM-4:30PM Family Swim Recreational Swim
12:00PM-4:00PM Family Swim Recreational Swim	11:00AM-4:00PM Family Swim Recreational Swim	12:00PM-4:00PM Family Swim Recreational Swim	12:00PM-4:00PM Family Swim Recreational Swim	12:00PM-4:00PM Family Swim Recreational Swim	
4:00-7:30PM Swim Lessons	4:00-7:30PM Swim Lessons	4:00-7:30PM Swim Lessons	4:00-7:30PM Swim Lessons	4:00-7:30pm Family Swim Recreational Swim	
7:30-8:30PM Family Swim Recreational swim	7:30-8:15PM Aqua Zumba w/Marisol F.	7:30-8:30PM Family Swim Recreational swim	7:30-8:15PM Aqua Zumba w/Marisol F.	7:30-8:30PM Family Swim Recreational swim	

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