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FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FITNESS POOL SCHEDULE

## WACO FAMILY Y

Fitness Pool Schedule	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Fall/Winter 2011 &amp; Spring 2012 Effective: 2/13/12</b>	7:00-8:00 Open Swim (all lanes)	7:00-8:00 Open Swim (all lanes)	7:00-8:00 Open Swim (all lanes)	7:00-8:00 Open Swim (all lanes)	7:00-8:00 Open Swim (all lanes)	8:00-10:00 Open Swim (all lanes)	Closed
Schedule Begins Sunday, January 2 and is subject to change	8:00-9:00 Water Fitness Vanessa Myers	8:00-9:00 Water Fitness Patti Thomas	8:00-9:00 Water Fitness Vanessa Myers	8:00-9:00 Water Fitness Patti Thomas	8:00-9:00 Water Fitness Vanessa Myers	10:00-12:00 Possible Pool Party	Closed
Multiple activities are often scheduled in this pool at the same time.	9:00-10:00 Water Fitness Julia Bugh	9:00-10:00 Water Fitness Patti Thomas	9:00-10:00 Water Fitness Julia Bugh	9:00-10:00 Open Swim	9:00-10:00 Water Fitness Julia Bugh	12:00-2:00 Open swim (all lanes)	1:00-2:00 Open Swim
<b>Swimming Tips</b> Please enter the pool from the shallow end. To avoid accidents, when entering an occupied lane, please get the first swimmer's acknowledgement that you are there. Please get kickboards, pull bouys, etc. before entering the pool.	10:00-11:00 Water Fitness Judy Jansky	10:00-11:00 Water Fitness Peggy Trussell	10:00-11:00 Water Fitness Peggy Trussell	10:00-11:00 Water Fitness Peggy Trussell	10:00-11:00 Water Fitness Vicki Smith	2:00-4:00 Possible Pool Party	2:00-4:00 Possible Pool Party
	11:00-12:00 Arthritis Aquatics Peggy Trussell	11:00-12:00 Arthritis Aquatics Peggy Trussell	11:00-12:00 Arthritis Aquatics Vicki Smith	11:00-12:00 Arthritis Aquatics Peggy Trussell	11:00-12:00 Arthritis Aquatics Peggy Trussell	5:00-5:30 Open Swim	5:00-6:30 Open Swim
	12:00-1:00 Arthritis Aquatics Peggy Trussell	12:00-1:00 Water Fitness Arthur Reinking	12:00-1:00 Arthritis Plus Vicki Smith	12:00-1:00 Water Fitness Arthur Reinking	12:00-1:00 Arthritis Aquatics Peggy Trussell		
<b>Directions</b> If there are 1 or 2 swimmers in a lane, they may elect to split the lane in half. The entrance of a third person immediately changes the lane to "circle" swimming format.	1:00-2:00 Open Swim	1:00-2:00 Open Swim	1:00-2:00 Open Swim	1:00-2:00 Open Swim	1:00-2:00 Open Swim		
	2:00-5:30 Open Swim	2:00-5:00 Open Swim	2:00-5:30 Open Swim	2:00-5:00 Open Swim	2:00-5:00 Open Swim		
	5:30-6:30 Arthritis Aquatics Joan Warner	5:00-6:30 Water Fitness Becky Warren	5:30-6:30 Arthritis Aquatics Joan Warner	5:00-6:30 Water Fitness Becky Warren	5:00-6:45 Swim Lessons		
<b>Speed</b> Please try to choose a lane with swimmers that most nearly match your speed.	6:30-9:00 Open Swim	6:30-7:30 Swim Lessons	6:30-9:00 Open Swim	6:30-9:00 Open Swim	6:45-8:30 Open Swim		
		7:30-9:00 Open Swim					

### YMCA Of Central Texas

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