



Sumter Family YMCA POOL SCHEDULES

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

February to April 2012

	LAP SWIMMING		FITNESS SWIM	FAMILY SWIM	OPEN SWIM	OTHER ACTIVITIES
MONDAY & WEDNESDAY	Cool Water Pool	Warm Water Pool	Warm Water Pool	Warm Water Pool	Warm Water Pool	Warm Water Pool
	5:30am - 4pm	6am - 8am	6am - 8am Fitness	4pm - 6pm	9am - 10:30am*	10:30am-11am Swim L.
	5:45pm - 8:30pm	9am - 11am	8am - 9am Aerobics	6pm - 8:30pm	3pm - 4pm	12:30pm-2pm Swim L.
		12pm—2pm	11am - 12pm Senior			4pm-6pm Swim Team
		3pm - 4pm	2pm - 3pm Arthritis			4-6pm Swim Team (Cool Pool)
	6pm - 8:30pm					
TUESDAY & THURSDAY	Cool Water Pool	Warm Water Pool	Warm Water Pool	Warm Water Pool	Warm Water Pool	Warm Water Pool
	6am - 4pm	6am - 7a	6am - 9am Fitness	4pm - 6pm	9am - 11am*	7:15am-8am S. L.
	5:45pm - 8:30pm	9am - 4pm	11-12:30pm W. Walking		12:30 - 4pm*	4pm-6pm Swim Team
		6pm - 6:30pm	3pm - 4pm Fitness			4-6pm Swim Team (Cool Pool)
						6pm-8:30pm S.L.
FRIDAY	Cool Water Pool	Warm Water Pool	Warm Water Pool	Warm Water Pool	Warm Water Pool	Warm Water Pool
	6am - 4pm	6am - 8am	6am - 8am Fitness	4:30pm - 7:30pm	9am - 10:30am*	4pm-5pm Swim Team
	5:45pm - 7:30pm	9am - 11am	8am - 9am Aerobics		12:30pm-2pm	4-6pm Swim Team (Cool Pool)
		12pm - 2pm	11am - 12pm Senior		3pm - 4:30pm	
		3pm - 4pm	2pm-3pm Arthritis			
SATURDAY	Cool Water Pool	Warm Water Pool	Warm Water Pool	Warm Water Pool	Warm Water Pool	Cool Water Pool
	6:30am - 4:30pm*	None	9am - 11am*	11am - 4:30pm*	None	8am-10am Swim Team*
SUNDAY	Cool Water Pool	Warm Water Pool	Warm Water Pool	Warm Water Pool	*Schedule subject to change due Swim Meets, Lifeguard Training, or other activities.	
	1pm - 4:30pm*	None	None	1pm - 4:30pm*		

Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.