




Competition Pool Schedule

Effective May 12, 2008 – June 1, 2008

Monday & Wednesday 5:30 am- 8:45 pm, Tuesday, Thursday & Friday 5:30-8:30 pm
 Saturday 7:30 am – 5:30 pm, Sunday 11:30 am - 5:30 pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:30-6:30 am SwimFit practice (Coach Matt)		5:30-6:30 am SwimFit practice (Coach Matt)		7:30-9:00 am SwimFit/PYP (Coach Lisa)
9:30-10:30 Water Fit (Carole)	10:00-11:00 Deep Water Exercise (Maureen)	9:30-10:30 Hydro Strength (Annie)	10:00-11:00 Deep Water Exercise (Maureen)	9:30-10:30 Water Fit (Fran)	9:00-10:30 Special Olympics (Fran/Teresa)
10:30-11:30 Water Walking (Nancy)	11:00-Noon Swimming Dragons (George)	10:30-11:30 Water Walking (Nancy)	11:00-Noon Swimming Dragons (George)		11:00-Noon Swimming Dragons (George)
					12-12:30 pm Swimming Dragons II (George)
3:00-7:30 PYP & Sharks Swim Practice (PYP Coaches)	3:00-7:30 PYP & Sharks Swim Practice (PYP Coaches)	3:00-7:30 PYP & Sharks Swim Practice (PYP Coaches)	3:00-7:30 PYP & Sharks Swim Practice (PYP Coaches)	3:00-7:30 PYP & Sharks Swim Practice (PYP Coaches)	
4:00-6:30 PYP Diving program (Coach Dianne)	4:00-6:30 PYP Diving program (Coach Dianne)		4:00-6:30 PYP Diving program (Coach Dianne)		
6:00-7:30 SwimFit (Coach Lisa/Rita)		6:00-7:30 SwimFit (Coach Lisa/Rita)			
7:30-8:15 pm Swimming Dragons I (George)	6:00-9:00 Scuba Diving (when in session)	7:30-8:20 pm Swimming Dragons I (George)	6:00-9:00 Scuba Diving (when in session)		
8:20-8:40 pm Swimming Dragons II (George)	7:15-8:15 Water Fit Mix (Carole)	8:20-8:40 pm Swimming Dragons II (George)	7:15-8:15 Water Fit Mix (Carole)		

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