YMCA of The Northern Sky Aquatics Center Schedule Fall Part 1: Sept 8 - Oct 26

	Monda	Tuesday			Wednesday			Thursday			Friday			Saturday				Sunday		_	
	Lap Pool	Small Pool		ap ool	Small Pool		ap ool	Small Pool	La Po	ap ool	Small Pool		ap ool	Small Pool		ap ool	Small Pool	La Po		Smal Pool	
am		Open Swim 5-6am		Lap Swim 6 lanes 5-6am				Open Swim 5-6am	Lap Swim 6 lanes 5-6am		Open Swim 5-6am			Open Swim 5-6am	Aquatics Center Opens a			1			58
am	Lap Swim 6 lanes 5-8:30am	Hydro Cond. 6-7am	Lap Swim 4 Lanes 6-7am Practice 2 lanes		Open Swim 5-8am	Lap Swim 6 Ianes 5-8:30am		Hydro Cond. 6-7am	Lap Swim 4 Lanes 6-7am Gators Swim Team Practice 2 lanes		Hydro Cond. 6-7am	Lap Swim 6 Ianes 5-8am		Hydro Cond. 6-7am			Open Swim				6
m	3 0.30am		Zianes					Open Swim 7-8am			Open Swim 7-8am			Open Swim 7-8am	6 la	Swim ines Jam	6-8am	Lap Swim 6 lanes			7
ım	Water In Motion 8:30- 9:30am	Open Swim 7a-11:30am			Hydro Cond. 8-9am	Water In Motion	Lap Swim	Hydro Cond. 8-9am			Hydro Cond. 8-9am	Water In Motion 8-9am	Lap Swim 3 Lanes	Hydro Cond. 8-9am			Water Ex 2nd Sat		6 Ianes 6-10am		8
am				Swim	Swim Lessons 9-11am	8:30- 9:30am	3 Lanes	Swim Lessons 9-11am	Lap Swim					Childcare Swimming 9-10:30am						-	10
am			6 lanes 7-1:30pm			Lap Swim 6 lanes 9:30-3:30pm		Open Swim	6 lanes 7-1:30pm -		Open Swim 9-12:30pm			2	Lap Swim 2 Lanes 9-12pm	Swim Lessons 9-12pm	Swim Lessons 9-12pm		Open		1:
pm	Lap Swim	Hydro Cond. 11:30- 12:30pm						Hydro Cond. 11:30- 12:30pm				6 la	Swim ines Bpm	Hydro Cond. 11:30- 12:30pm				Lap Swim - 4 lanes 10-2pm	Swim 2 lanes 10-1pm	Open Swim 6am- 6pm	1
m	6 lanes 9:30-3:30pm	Small Pool Closed 12:30-3pm			Open Swim 11-4pm			Small Pool			Small Pool			Small Pool					Aqua Zumba		t
m			Lap Swim 4 lanes 1:30- 3:30pm	Open Swim 2 lanes 1:30-				Closed 12:30-3pm	Lap Swim 4 lanes 1:30- 3:30pm	Open Swim 2 lanes 1:30-	Closed 12:30-3pm			Closed 12:30-3pm	Lap Swim	Open	Open		1-2pm		
m			Lap Swim 2 Lanes 3:30pm- 7pm	3:30pm Gators Swim		Gator Swim		Open Swim 3-4pm	3.30ріп	3:30pm Gators Swim	Open Swim 3-4pm			4	4 lanes 12-6pm	Swim 2 lanes 12-6pm	Swim 12-6pm	Lap Swim 2 lanes 2-5pm	Wibit in Water 2-5pm		
	Gators Lap Swim 3 Lanes Team 3:20 6nm	Open Swim 3-9:30pm		Team Practice 4 lanes Swim Lessons 4 lanes 4:30-7pm	Swim Lessons 4p-7p	Lap Swim 2 Lanes 3:30pm- 7pm	Team Practice 4 lanes Swim Lessons 4 lanes 4:30- 7:30pm	Swim Lessons 4p-7:30p	Lap Swim 2 Lanes 3:30-7pm	Team Practice 4 lanes Swim Lessons 4 lanes 4:30-7pm	Swim Lessons 4p-7p	Lap Swim 4 Ianes 3-6pm	Open Swim 3-6pm	Open Swim 3-5:30pm							
m	3:30-6pm Practice 3 lanes																	Lap Swim 6 lanes 5-6pm			5
m	Lap Swim 6 Ianes 6-7pm											Prac	wim Team ctice	5:30-6:30pm	Our Zero Entry Pool is Open Swim All Aquation						
	Lap Swim 3 Lanes Deep Water Ex 7-8pm				Hydro Cond. 7-8pm	Deep Water Ex 7-8pm	Lap Swim	Open Swim 7:30-9:30pm	Lap Swim 4 Lanes 7-9:30pm	Open Swim 7-9:30pm	Hydro Cond. 7-8pm		anes Bpm	Open Swim 6:30-8:30pm	* The Aqua Class Saturday morning is only on						
m	Lap Swim 6 lanes		Lap Swim 4 Lanes 7-9:30pm	Open Swim 7-9:30pm	Open Swim 8-9:30pm	Lap Swim 4 Lanes 8-9:30pm	Open Swim 8-9:30pm pm Mon-T				Open Swim 8-9:30pm	Lap Swim 6 Lanes 8-8:30pm			For a complete list of our Pool Rules please visit our Website.						
	8pm-9:30pm											Aquatics Center Closes at 8:30pm Fridays				risit Our	wensite.				