

# OUTDOOR POOL SCHEDULE

## SALINAS YMCA FAMILY CENTER



As of January 1, 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 am – Lap Swim 8:45 am	5:30 am – Lap Swim 8:00 am	5:30 am – Lap Swim 8:45 am	5:30 am – Lap Swim 8:00 am	5:30 am – Lap Swim 8:45 am	6:30 am – Lap Swim 9:00 am
9:00 am – Deep Water 9:55 am Challenge	9:00 am – Deep Water 9:55 am Challenge	9:00 am – Deep Water 9:55 am Challenge	9:00 am – Deep Water 9:55 am Challenge	9:00 am – Deep Water 9:55 am Challenge	9:00 am – Lap Swim and 11:55 am Swim Lessons
10:05 am – Lap Swim 2:55 pm	10:05 am – Lap Swim 2:55 pm	10:05 am – Lap Swim 2:55 pm	10:05 am – Lap Swim 2:55 pm	10:05 am – Lap Swim 2:55 pm	12:00 pm – Lap Swim (3) 12:55 pm and Rec Swim
2:00 pm – Recreational 3:55 pm Swim	2:00 pm – Recreational 3:55 pm Swim	2:00 pm – Recreational 3:55 pm Swim	2:00 pm – Recreational 3:55 pm Swim	2:00 pm – Recreational 3:55 pm Swim	1:00 pm – Recreational 2:30 pm Swim
3:25 pm – Swim Lessons 6:50 pm	3:25 pm – Swim Lessons 6:50 pm	3:25 pm – Swim Lessons 6:50 pm	3:25 pm – Swim Lessons 6:50 pm		<b>SUNDAY</b>
4:00 pm – Swim Team 5:00 pm		4:00 pm – Swim Team 5:00 pm		4:00 pm – Lap Swim 5:30 pm	9:00 am – Lap Swim 11:00 am
5:05 pm – Lap Swim 6:00 pm	5:00 pm – Lap Swim 6:50 pm	5:05 pm – Lap Swim 6:00 pm	5:00 pm – Lap Swim 6:50 pm		11:00 am – Lap Swim (3) 12:55 pm and Rec Swim
6:10 pm – Rec Swim and 8:30 pm Lap Swim (1)	7:00 pm – Rec Swim and 8:30 pm Lap Swim (1)	6:10 pm – Rec Swim and 8:30 pm Lap Swim (1)	7:00 pm – Rec Swim and 8:30 pm Lap Swim (1)	5:30 pm – Rec Swim and 8:30 pm Lap Swim (1)	1:00 pm – Recreational 2:30 pm Swim



### SALINAS YMCA FAMILY CENTER

117 Clay Street • Salinas, CA • 831.758.3811 •

[www.centralcoastymca.org](http://www.centralcoastymca.org)



# INDOOR POOL SCHEDULE

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As of January 1, 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:10 am – Aqua Fit Class 7:55 am	8:10 am – Aqua Fit Class 8:55 am	7:10 am – Aqua Fit Class 7:55 am	8:10 am – Aqua Fit Class 8:55 am	7:10 am – Aqua Fit Class 7:55 am	8:00 am – Aquatic Therapy 9:00 am (Ages 14+)
	9:00 am – 9:55 am Aquatic Therapy & Swim Lessons (Ages 14+)		9:00 am – 9:55 am Aquatic Therapy & Swim Lessons (Ages 14+)		9:00 am – Aqua Fit Class 9:55 am
10:00 am – 12:00 pm Aquatic Therapy (Ages 14+) and Rec Swim	10:00am – 11:05am Aquatic Therapy & Swim Lessons (Ages 14+)	10:00 am – 12:00 pm Aquatic Therapy (Ages 14+) And Rec Swim	10:00am – 11:05am Aquatic Therapy & Swim Lessons (Ages 14+)	10:00 am – 12:00 pm Aquatic Therapy (Ages 14+) and Rec Swim	10:00 am – Swim Lessons 12:00 pm
12:10 pm – Twinges Class 1:00 pm	11:05 am – 1:00 pm Aquatic Therapy (Ages 14+) and Rec Swim	12:10 pm – Twinges Class 1:00 pm	11:05 am – 1:00 pm Aquatic Therapy (Ages 14+) and Rec Swim	12:10 pm – Twinges Class 1:00 pm	11:00 am – Aquatic Therapy 12:00 pm (Ages 14+)
3:00 pm – Recreational 3:55 pm Swim	3:00 pm – Recreational 3:55 pm Swim	3:00 pm – Recreational 3:55 pm Swim	3:00 pm – Recreational 3:55 pm Swim	3:00 pm – Recreational 3:55 pm Swim	12:00 pm – Recreational 2:30 pm Swim
3:25 pm – Swim Lessons 7:00 pm	3:25 pm – Swim Lessons 6:00 pm	3:25 pm – Swim Lessons 7:00 pm	3:25 pm – Swim Lessons 6:00 pm		<b>SUNDAY</b>
	6:00 pm – Aqua Fit Class 7:00 pm		6:00 pm – Aqua Fit Class 7:00 pm		10:00 am – Aquatic Therapy 11:00 am (Ages 14+)
6:00 pm – Recreational 8:30 pm Swim	7:00 pm – Recreational 8:30 pm Swim	6:00 pm – Recreational 8:30 pm Swim	7:00 pm – Recreational 8:30 pm Swim	5:30 pm – Recreational 8:30pm Swim	11:00 am – Recreational 2:30 pm Swim



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