




Salinas Community YMCA  
 117 Clay Street, Salinas, CA 93901  
 831-758-3811

**INDOOR POOL SCHEDULE** (August 23, 2010- June 13, 2011)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>LAP SWIMMING (maximum two participants per lane)</b>						
11:00 am-12:00 pm	11:00 am-1:00 pm	11:00 am-12:00 pm	11:00 am-1:00 pm	11:00 am-12:00 pm	11:00 am-1:00 pm	10:00 am-1:00 pm
<b>RECREATIONAL SWIMMING</b>						
3:00-3:55 pm	3:00-3:55 pm	3:00-3:55 pm	3:00-3:55 pm	3:00-3:55 pm	1:00-2:25 pm	1:00-2:25 pm
7:00-8:30 pm	7:15-8:30 pm	7:00-8:30 pm	7:15-8:30 pm	7:00-8:30 pm		
<b>AQUATIC FITNESS CLASSES (participants must sign in at the facility desk)</b>						
Aqua Fit 7:10-7:55 am	Aqua Fit 8:10-8:55 am	Aqua Fit 7:10-7:55 am	Aqua Fit 8:10-8:55 am	Aqua Fit 7:10-7:55 am	Aqua Fit 9:10-9:55 am	
Twinges 12:10-1:00 pm	Aqua Fit 6:15-7:15 pm	Twinges 12:10-1:00 pm	Aqua Fit 6:15-7:15 pm	Twinges 12:10-1:00 pm		
<b>YMCA GROUP SWIM LESSONS</b>						
9:00-10:00 am	9:00-10:00 am	9:00-10:00 am	9:00-10:00 am	<b>Please see swim lesson registration information for all Times and levels offered.</b>		
4:00-7:00 pm	4:00-6:15 pm	4:00-7:00 pm	4:00-6:15 pm			
<b>SCHOOL GROUPS</b>						
10:00-11:00 am	10:00-11:00 am	10:00-11:00 am	10:00-11:00 am	10:00-11:00 am		

**OUTDOOR POOL SCHEDULE** (August 23, 2010 - June 13, 2011)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>LAP SWIMMING (maximum 3 participants per lane please see circle swim instructions)</b>						
5:30-8:00 am	5:30-8:00 am	5:30-8:00 am	5:30-8:00 am	5:30-8:00 am	8:00 am-1:00 pm	10:00 am-1:00 pm
10:05 am-1:00 pm	10:05 am-1:00 pm	10:05 am-1:00 pm	10:05 am-1:00 pm	10:05 am-1:00 pm		
2:05-3:00 pm	2:05-3:00 pm	2:05-3:00 pm	2:05-3:00 pm	2:05-3:00 pm		
5:05-6:00 pm 1/2 pool	5:05-6:00 pm 1/2 pool	5:05-6:00 pm 1/2 pool	5:05-6:00 pm 1/2 pool	5:05-6:00 pm		
<b>RECREATIONAL SWIMMING</b>						
3:00-3:55 pm 1/2 pool	3:00-3:55 pm 1/2 pool	3:00-3:55 pm 1/2 pool	3:00-3:55 pm 1/2 pool	3:00-3:55 pm	1:00-2:25 pm	1:00-2:25 pm
7:00-8:30 pm	7:00-8:30 pm	7:00-8:30 pm	7:00-8:30 pm	7:00-8:30 pm		
<b>AQUATIC FITNESS CLASSES</b>						
Deep Water 9:00-10:00 am	Water Walking 9:00-10:00 am	Deep Water 9:00-10:00 am	Water Walking 9:00-10:00 am	Deep Water 9:00-10:00 am		
<b>YMCA GROUP SWIM LESSONS</b>						
3:30-7:00 pm	3:30-7:00 pm	3:30-7:00 pm	3:30-7:00 pm	<b>Please see group swim lesson registration for all times and levels offered.</b>		
<b>SCHOOL GROUPS</b>						
1:00-2:00 pm	1:00-2:00 pm	1:00-2:00 pm	1:00-2:00 pm	1:00-2:00 pm		

**YOUTH AQUATICS - SWIM TEAM**

4:00-5:00 pm		4:00-5:00 pm		4:00-5:00 pm
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**Directions:**

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.