



Prisma Health Aquatics Center at the
Middle Tyger Family YMCA
SMALL POOL Schedule
August 5th – September 1st, 2019

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

	Time	Activity	Instructor
Monday	5am-8:15am	OPEN SWIM	Henri Henri Henri Cynthia
	8:15am-9am	Water Fitness	
	9:15am-10am	Recovery	
	10am-10:45am	AOA	
	10:15am-11am	Little Camp Brave	
	10am-12pm	Swim Lessons*	
	1pm-3:30pm	Camp Swim	
	3:30pm-5pm	OPEN SWIM	
	5pm-7:40pm	Swim Lessons*	
	6:30pm-7:15pm	Water Boot Camp	
7:15pm-8:45pm	OPEN SWIM		
Tuesday	5am-9:30am	OPEN SWIM	Regina Sabina
	10am-10:45am	Water Walking	
	10:15am-11am	Little Camp Brave	
	10am-12pm	Swim Lessons*	
	1pm-3:30pm	Camp Swim	
	5pm-7:40pm	Swim Lessons*	
	6:30pm-7:15pm	Water Boot Camp	
	7:15pm-8:45pm	OPEN SWIM	
Wednesday	5am-5:30am	OPEN SWIM	Jane Henri Henri Henri
	5:30am-6:15am	Sunrise Boot Camp	
	6:15am-8:15am	OPEN SWIM	
	8:15am-9am	Water Fitness	
	9:15am-10am	Recovery	
	10am-10:45am	AOA	
	10:15am-11am	Little Camp Brave	
	10am-12pm	Swim Lessons*	
	1pm-3:30pm	Camp Swim	
	3:30pm-5pm	OPEN SWIM	
5pm-7:40pm	Swim Lessons*		
7pm-8:45pm	OPEN SWIM		
Thursday	5am-9:30am	OPEN SWIM	Regina Cynthia/Jay
	10am-10:45am	Water Walking	
	10:15am-11am	Little Camp Brave	
	10am-12pm	Swim Lessons*	
	1pm-3:30pm	Camp Swim	
	5pm-7:40pm	Swim Lessons*	
	6:30pm-7:15pm	Water Fitness	
	7:15pm-8:45pm	OPEN SWIM	
Friday	5am-8:15am	OPEN SWIM	Henri Henri Henri
	8:15am-9am	Water Fitness	
	9:15am-10am	Recovery	
	10am-10:45am	AOA	
	10:45am-1pm	OPEN SWIM	
	1pm-3:30pm	Camp Swim	
3:30pm-8:45pm	OPEN SWIM		
Saturday	7am-5:45pm	OPEN SWIM	
	9am-11:10am	Swim Lessons*	
Sunday	1pm-5:45pm	OPEN SWIM	

Pool Schedule is subjected to change without notice.

***Swim Lessons:** Register up online or at the Front Desk

Camp Swim: Through August 16th

Water Aerobic Classes: Will change back in September

OPEN SWIM: If you want a lane to swim laps, just ask a Lifeguard