



# Thomas E Hannah YMCA THERAPY POOL Schedule

effective June 3 through August 16, 2019

	Time	Activity	Instructor
Monday	5:00-8:00 am	<b>Adult Open Swim/Lap Swim</b>	
	8:30-9:15 am	Morning Blend	Naomi
	9:15-10:00 am	H2O Cardio	Jaimee
	10:30-11:15 am	Arthritis Class	Starr
	10:00-12:00 pm	Group Swimming Lessons**	Y Staff
	12:00- 1:15 pm	<b>Family Recreation - Slide &amp; Splash Pad on</b>	
	1:15-4:15 pm	Summer Camp	Y Staff
	4:30- 8:00 pm	<b>Family Recreation - Slide &amp; Splash Pad on</b>	
Tuesday	5:15-8:00 am	<b>Adult Open Swim/Lap Swim</b>	
	9:15-10:00 am	Deep Water Intervals	Jaimee
	10:00-12:00 pm	Group Swim Lessons**	Y Staff
	12:00-12:50 pm	YSL (YMCA swim league)	Coach Bart
	1:15- 3:15 pm	Summer Camp	
	3:15- 4:30 pm	<b>Family Recreation - Slide &amp; Splash Pad on</b>	
	5:30-8:00 pm	Group Swimming Lessons - no slide	Y staff
	6:30-7:15 pm	Faith for Fitness	Tonya
Wednesday	5:00-8:00 am	<b>Adult Open Swim/Lap Swim</b>	
	8:30-9:15 am	Morning Blend	Naomi
	9:15-10:00 am	Aqua Bootcamp	Jaimee
	10:30-11:15 am	Arthritis	Anita
	10:00- 12:00 pm	Group Swim Lessons**	Y Staff
	12:15 - 1:15 pm	<b>Family Recreation - Slide &amp; Splash Pad on</b>	
	1:15- 3:15	Summer Camp	Y Staff
	4:30-8:00 pm	<b>Family Recreation - Slide &amp; Splash Pad on</b>	
Thursday	5:15-8:00 am	<b>Adult Open Swim/Lap Swim</b>	
	9:15-10:00 am	Deep Water Intervals	Jaimee
	10:00- 12:00 pm	Group Swim Lessons**	Y staff
	12:00-12:50 pm	YSL (YMCA swim league)	Coach Bart
	1:15- 3:15 pm	Summer Camp	Y Staff
	3:15- 4:30 pm	<b>Family Recreation - Slide &amp; Splash Pad on</b>	
	5:30-8:15 pm	Group Swimming Lessons - no slide	Y staff
	6:30-7:15 pm	Faith for Fitness	Tonya
Friday	5:15-8:00 am	<b>Adult Open Swim/Lap Swim</b>	
	8:30-9:15 am	Shallow Water Tabata	Jaimee
	9:15-10:00 am	Aqua- Zumba	Stephanie
	10:30-11:15 am	Arthritis	Starr
	12:00 - 1:15 pm	<b>Family Recreation - Slide &amp; Splash Pad on</b>	Y Staff
	1:15- 4:15 pm	Summer Camp	Y Staff
		4:30 - 8:30 pm	<b>Family Recreation - Slide &amp; Splash Pad on</b>
Saturday	7:00- 9:00 am	<b>Open Swim/Lap Swim</b>	
	9:00 -11:15 am	Group Swimming Lessons**	Y staff
	11:00-6:30 pm	<b>Family Recreation - Slide &amp; Splash Pad on</b>	
Sunday	1:00-5:30 pm	<b>Family Recreation - Slide &amp; Splash Pad on</b>	

Swim tests will be conducted in the Lap pool whenever possible. Tests will be taken daily. During Group swimming lessons slide and splash pad will not be on.

\*\*If lessons have to be cancelled due to weather they will be made up on Friday of the same week at the same time & Splash Pad and Slide will be off during the make-up.



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