



# Gus and Flora Kerasotes YMCA Pool Schedule

**8/30 Fall**

## Marantz & Londrigan Competition Pool

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>5-6am</b> Lap Swim		<b>5-6am</b> Lap Swim		<b>5-6am</b> Lap Swim	<b>10a-12p</b> SPY	<b>8a-1130a</b> Lap Swim
<b>6am-7am</b> Masters		<b>6am-7am</b> Masters		<b>6am-7am</b> Masters	<b>12pm-2p</b> Lap Swim Jr. SPY	
<b>7a-345pm</b> Lap Swim	<b>5a-345pm</b> Lap Swim	<b>7a-345pm</b> Lap Swim	<b>5a-345pm</b> Lap Swim	<b>7a-345pm</b> Lap Swim		
<b>345pm-Close</b> SPY					<p style="text-align: center;"><u>KEEP OUR CHILDREN SAFE</u></p> <p>To enter deep water children under the age of 18 must pass a swim test.</p> <p>Coaching or swim instruction by individuals not employed by the Y is not permitted.</p>	

## The Hoogland Family Recreation & Therapy Pool

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>6a-830a</b> Therapy	<b>6a-945a</b> Therapy	<b>6a-830a</b> Therapy	<b>6a-945a</b> Therapy	<b>6a-830a</b> Therapy	<b>10a-1230p</b> Lessons	<b>8a-930a</b> Therapy
<b>830a-1045a</b> Water Ex	<b>945a-1045a</b> Water Ex	<b>830a-1045a</b> Water Ex	<b>945a-1045a</b> Water Ex	<b>830a-930a</b> Water Ex	<b>1230p-330p</b> Family Swim	<b>930a-1130a</b> Family Swim
<b>1045a-430p</b> Therapy	<b>1045a-4p</b> Therapy	<b>1045a-430p</b> Therapy	<b>1045a-4p</b> Therapy	<b>930a-430p</b> Therapy	<p style="text-align: center;"><u>KEEP OUR CHILDREN SAFE</u></p> <p>Children under the age of 8 MUST be accompanied by an adult IN THE WATER at all times.</p>	<p>The Resistance area is only open to children during family swim otherwise it is <u>16&amp;UP.</u></p>
<b>430p-715p</b> Lessons	<b>4p-715p</b> Lessons	<b>430p-715p</b> Lessons	<b>4p-715p</b> Lessons	<b>430p-630p</b> Family Swim		