



# Gus and Flora Kerasotes YMCA Pool Schedule

8/28-12/16

## Marantz & Londrigan Competition Pool

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>6am-7am</b> Masters Lap Swim	<b>6am-11am</b> Lap Swim	<b>6am-7am</b> Masters Lap Swim	<b>6a-11am</b> Lap Swim	<b>6am-7am</b> Masters Lap Swim	<b>7a-1200p</b> SPY  <b>12:00-3:30p</b> Lap Swim	<b>8-11:30am</b> Lap Swim
<b>7a-3pm</b> Lap Swim		<b>7a-3pm</b> Lap Swim		<b>11am-12p</b> Lap Swim Water Ex		
			<b>12p-3p</b> Lap Swim		<b>12p-345p</b> Lap Swim	
<b>345pm-Close</b> SPY						<p style="text-align: center;"><b>KEEP OUR CHILDREN SAFE</b></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>9-11am</b> Lessons  <b>11am-3:30p</b> Family Swim	<b>8-11:30am</b> Family Swim
<b>830a-930a</b> Water Ex	<b>945a-1045a</b> Water Ex	<b>830a-930a</b> Water Ex	<b>945a-1045a</b> Water Ex	<b>830a-930a</b> Water Ex		
<b>930a-1p</b> Therapy	<b>1045a-1p</b> Therapy	<b>930a-1p</b> Therapy	<b>1045a-1p</b> Therapy	<b>930a-1p</b> Therapy		
<b>1p-4p</b> Therapy 2/3 Family 1/3	<b>1p-4p</b> Therapy 2/3 Family 1/3	<b>1p-4p</b> Therapy 2/3 Family 1/3	<b>1p-4p</b> Therapy 2/3 Family 1/3	<b>1p-4p</b> Therapy 2/3 Family 1/3		
<b>4p-8p</b> Lessons	<b>4p-8p</b> Lessons	<b>4p-8p</b> Lessons	<b>4p-8p</b> Lessons	<b>4p-7p</b> Family Swim		

The Resistance area is only open to children during Fri-Sun Family otherwise it is **18&UP.**