



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

UMLY AQUATICS Pool Schedule

April 16 - May 25, 2012

Rev. 4/11/2012

A Pool

Monday / Wednesday						Tuesday / Thursday						Friday								
A1	A2	A3	A4	A5	A6	A1	A2	A3	A4	A5	A6	A1	A2	A3	A4	A5	A6			
5:30-7:30	OPEN	LAP	LAP	LAP		5:30-8:00	OPEN	LAP	LAP			5:30-7:30	OPEN	LAP	LAP	LAP				
7:30-9:00	Deep Water / Cardio Wet				LAP	8:00-9:00	Aqua Fitness					7:30-9:00	Deep Water / Cardio Wet				LAP			
9:00-10:00	Aqua Fitness						9:00-10:00	Aqua Tai Chi					9:00-10:00	Aqua Fitness						
10:00-11:00	OPEN / Fitness			LAP		10:00-12:00	Lesson / OPEN (shared)			LAP	LAP	10:00-11:00	OPEN			LAP				
11:00-12:00	Arthritis Ease / Healthy Back (NO OPEN SWIM)					12:00-1:00	WET (NO OPEN SWIM)					11:00-12:00	Arthritis Ease / Healthy Back (NO OPEN SWIM)							
12:00-1:00	OPEN					1:00-3:30	Lesson / OPEN (shared)					12:00-12:30	OPEN							
1:00-3:15	Lesson / OPEN (shared)			LAP	LAP	3:30-4:00	OPEN					12:30-4:00	Lesson / OPEN (shared)			LAP	LAP			
3:15-4:00	OPEN					4:00-6:30	Lessons					4:00-5:00		Lesson						
4:00-5:00		Lesson				6:30-7:00	Lessons / Deep Water Ex					5:00-7:00		Lesson						
5:00-7:00	OPEN	Lesson	MINIS			7:00-8:00	Aquafit			Lesson		7:00-7:15		Lesson	MINIS					
Monday Evening						8:00-9:00	OPEN	LAP	LAP	LAP	LAP	7:15 - 9:00	OPEN	LAP	LAP	LAP				
7:00-8:00	SNAP (M)	Lessons (NO OPEN)				Saturday						Sunday								
8:00-9:00	OPEN	Lesson	SCUBA (M)			6:00-9:00	OPEN	LAP	LAP	LAP	LAP	8:00-1:00	OPEN				LAP	LAP	LAP	
Wednesday Evening						9:00-1:30	Lessons (OPEN SWIM IN BUBBLE POOL)					1:00 - 3:00	OPEN				LAP	LAP	LAP	
7:00-8:00		Lessons				1:30-4:30	OPEN			LAP	UMLY Otters		3:00-5:30	OPEN				LAP	LAP	LAP
8:00-9:00	OPEN	Lesson	LAP	LAP		4:30-6:30	OPEN			LAP	LAP	LAP		OPEN				LAP	LAP	LAP



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B Pool	Monday / Wednesday						Tuesday / Thursday						Friday						Saturday						
	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	
5:30-7:30	MASTERS			LAP	LAP	LAP	5:30-4:00						5:30-7:30	MASTERS			LAP	LAP	LAP	6:00-8:00 LAP					
7:30-10:30	LAP	LAP	LAP	LAP	LAP	LAP	5:30-4:00						7:30-10:30	LAP	LAP	LAP	LAP	LAP	LAP	8:00-10:00 Swim Team					
10:30-12:00	MASTERS			LAP	LAP	LAP	5:30-4:00						10:30-12:00	MASTERS			LAP	LAP	LAP	10:00-6:45 LAP LAP LAP LAP LAP LAP					
12:00-4:00 M 12:00-5:00	LAP	LAP	LAP	LAP	LAP	LAP	5:30-4:00						12:00-4:30	LAP	LAP	LAP	LAP	LAP	LAP	Sunday 8:00am-5:45pm LAP LAP LAP LAP LAP LAP					
4:00-6:30 M	UMLY Swim Team						4:00-8:30 T						4:30 - 6:30						UMLY Swim Team						
5:00-8:30 W	UMLY Swim Team						4:00-7:00 R						6:30						UMLY Swim Team						
6:30 M 8:30 W	CLOSED						8:30 T 7:00 R						CLOSED						CLOSED						

Bubble / Lap Pool	Monday / Wednesday / Friday						Tuesday / Thursday						Saturday					50 Meter	Monday thru Friday					
	1	2	3	4	5	6	1	2	3	4	5	6	1	3	5	1	2		3	4	5	6		
5:30-9:00	CLOSED						5:30-3:30						6:00-8:00					5:30 - 7:00						
9:00-10:00	Aqua Tai Chi (W)						5:30-3:30						8:00-1:00					7:00 - 9:30						
10:00-11:00	Aqua Fitness Plus						5:30-3:30						2:00 - 5:00					9:30-10:30						
11:00 - 3:30	CLOSED						5:30-3:30						5:00-7:00					10:30-12:00						
3:30-4:00	LAP	LAP	LAP	LAP	LAP	LAP	3:30-5:30						Sunday CLOSED					12pm to Swim Team (see time)						
4:00-7:00	LAP	LAP	LAP	LAP	LESSON	LAP	3:30-5:30						LAP SWIM in B pool and 50 M					3:30 - 7:30 M						
7:00-8:00	LAP	LAP	LAP	LAP	TRI (M)	LAP	5:30 - 7:00						LAP SWIM in B pool and 50 M					3:30-7:00 T						
8:00-9:45	LAP	LAP	LAP	LAP	LAP	LAP	7:00-8:00						LAP SWIM in B pool and 50 M					4:00-7:00 W						
	LAP	LAP	LAP	LAP	LAP	LAP	8:00-9:45						LAP SWIM in B pool and 50 M					3:30 - 7:00 R						
	LAP	LAP	LAP	LAP	LAP	LAP	8:00-9:45						LAP SWIM in B pool and 50 M					4:00 - 6:00 F						
	LAP	LAP	LAP	LAP	LAP	LAP	8:00-9:45						LAP SWIM in B pool and 50 M					7:00						
	LAP	LAP	LAP	LAP	LAP	LAP	8:00-9:45						LAP SWIM in B pool and 50 M					CLOSED						
	LAP	LAP	LAP	LAP	LAP	LAP	8:00-9:45						LAP SWIM in B pool and 50 M					Saturday						
	LAP	LAP	LAP	LAP	LAP	LAP	8:00-9:45						LAP SWIM in B pool and 50 M					Sunday						
	LAP	LAP	LAP	LAP	LAP	LAP	8:00-9:45						LAP SWIM in B pool and 50 M					9:00-10:00						
	LAP	LAP	LAP	LAP	LAP	LAP	8:00-9:45						LAP SWIM in B pool and 50 M					10:00 - 5:00pm						