



Massad Wellness Fall Pool Schedule Jan-May 2012

Monday & Wednesday

	7:00am-9:00am	9:00-10:45am	10:45-12:00pm	12:00-1:00pm	12:00pm-3:00pm	3:00pm-4:00pm	4:00pm-4:30pm	4:30pm-7:30pm	7:30pm-8:25pm
Lane 1	Parent & Tot	Parent & Tot Class	Shallow Water Aerobics Class	Adult Exercise	Open Swim	POOL CLOSED	Exercise On Own	YMCA Swim Lessons	Deep & Shallow Water Aerobics
Lane 2	Under 5 yrs old			Adult Lap	Adult Lap		Adult Lap	Adult Lap	
Lane 3	Family Lap	Deep Water Aerobics Class	Swim Team 4:30-7:00pm						
Lane 4	Adult Lap	Sunfish (0945-1030)	Deep End Lap & Exercise On Own		Exercise On Own		Swim Lessons	Off	
Lane 5	Lap		Deep End Lap & Exercise On Own						
Lane 6	Exercise On Own	Deep End Lap & Exercise On Own		On	On		Off		
Lane 7	On	Deep End Lap & Exercise On Own		On	On				
Jets	On	Off	Off	On	On	Off			
Slide	Off			On		Off			
Rain Drop	No Open Swim			Open Swim		No Open Swim			

Tuesday & Thursday

	7:00am-9:00am	9:00am-10:00am	9:45-12:00pm	12:00pm-3:00pm	3:00-4:00pm	4:00-8:25pm	
Lane 1	Exercise On Own	Deep Water Aerobics Class	Arthritis Class Level 1 & 2	Therapy	POOL CLOSED	Open Swim & After School	
Lane 2	On Own			Adult Lap		Adult Lap	Swim Team 4:30-7:30
Lane 3	Family Lap	Sunfish (9:45-10:30)	Deep End Open for Exercise on Own	Swim Kids Rental		Open Swim	All Water Features On
Lane 4	Adult Lap						
Lane 5	Adult Lap		Deep End Open for Exercise on Own			Open Swim	All Water Features On
Lane 6	Exercise On Own	Deep End Open for Exercise on Own					
Lane 7	On Own	Deep End Open for Exercise on Own		Swim Kids Rental		Open Swim	All Water Features On
Jets	On	Off		On	On	All Water Features On	
Slide	Off			On		All Water Features On	
Rain Drop	No Open Swim			Open Swim		All Water Features On	

***Note:**

Kathy Sterling, Senior Aquatics Director
ksterling@family-ymca.org

Valerie Wiss, Swim Lesson Coordinator
vwiss@family-ymca.org (540) 371-9622 ext. 1019

Christine Carter at (540) 371-9622 ext. 1034
Voice mail - pool rentals and pool parties

(Inbetween Swim Lessons, Stingrays will use more lap lanes on Monday, Wednesday Evenings 4:30 - 7:30)

Friday

	7:00am-9:00am	9:00am-10:00am	10:45-12:00pm	12:00-1:00pm	1:00-3:00pm	3:00pm-4:00pm	4:00pm-8:25pm
Lane 1	Parent & Tot	Deep Water, Exercise & Sunfish (0945-1030)	Shallow Water Aerobics Class	Kindergarten Class (1200-1230)	Open Swim	POOL CLOSED	Zumba 7:30-8:20
Lane 2	Under 5 yrs old			Adult Lap	Deep End Lap & Exercise On Own		Adult Lap
Lane 3	Family Lap	Sunfish (0945-1030)	Deep End Lap & Exercise On Own	Exercise On Own	Exercise On Own		Swim Team 4:30-7:30
Lane 4	Adult Lap						
Lane 5	Adult Lap	Deep End Lap & Exercise On Own		Open Swim	Open Swim		Open Swim
Lane 6	Exercise On Own	Deep End Lap & Exercise On Own		Open Swim	Open Swim		Open Swim
Lane 7	On Own	Deep End Lap & Exercise On Own		Open Swim	Open Swim		Open Swim
Jets	On	Off		On	On	On	
Slide	Off			On		On	
Rain Drop	No Open Swim			Open Swim		On	

Saturday

	8:30am-11:45am	11:45-12:25pm	12:30-5:25 pm
Lane 1	YMCA Swim Lessons Only	Level 1 and 2 Arthritis Class	Open Swim
Lane 2			Family Swim
Lane 3			Adult Lap
Lane 4		Adult Lap	Swim Kids Rental
Lane 5		OFF	Open Swim
Lane 6	OFF	OFF	Open Swim
Lane 7	OFF	OFF	Open Swim
Jets	Off/Swim Kids Rental		
Slide	OFF	OFF	ON
Rain Drop	OFF	OFF	ON

Sunday

	12:00-5:00 pm	
Lane 1	Open Swim	
Lane 2		
Lane 3		
Lane 4		Adult Lap
Lane 5		Swim Kids Rental
Lane 6		Open Swim
Lane 7		Open Swim
Jets	Swim Kids Rental	
Slide	ON	
Rain Drop	ON	

Massad YMCA Wellness Pool



OUR POOL SCHEDULES ARE SUBJECT TO CHANGE AT ANY TIME.