



**Henson Family YMCA Indoor Pool Schedule May-  
June Revised 5/9/18**

<b>Sunday</b>	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
12:00 - 1:00pm	Lap Swim					
1:00 - 3:30pm	Swim Team		Lap Swim		Open Swim	
3:30 - 4:30pm	Swim Team		*Flow Motion			

<b>Monday</b>	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
5:30 - 7:00am	Swim Team			Lap Swim		
7:00 - 8:50am	Lap Swim					
9:00 - 10:00am	Water Exercise = Aerobics/Aquasize					
10:00 - 12:00pm	Lap Swim			Open Swim		
12:00 - 2:00pm	Lap Swim			Open Swim		
2:00 - 3:00pm	Senior Swim					
3:00 - 4:00pm	Lap Swim		Open Swim/Lessons			
4:00 - 5:30pm	Swim Team		Lap Swim	Lessons		
5:30 - 7:15pm	Swim Team		Lap Swim	Lessons		
7:15 - 9:00pm	WaterFit 7:15-8:15		Lap Swim	Open Swim/Lessons		

<b>Tuesday</b>	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
5:30 - 7:00am	Lap Swim	Masters				Lap Swim
7:00 - 8:50am	Lap Swim					
9:00 - 10:00am	Water Exercise = AquaStretching/PowerHour					
10:00 - 11:00am	Water Exercise = AquaBlast			Open Swim		
11:00 - 2:00pm	Lap Swim			Open Swim		
2:00 - 2:45pm	Senior Swim					
2:45 - 3:30pm	Senior Swim/Lap Swim					
3:30 - 5:30pm	Swim Team Pool Closed					
5:30 - 6:30pm	Swim Team		Lessons			
6:30 - 8:00pm	Swim Team		Lap Swim	Lessons		
8:00 - 9:00pm	Water Ex=AquaFlow	Lap Swim	Lessons	Open Swim		

**Fourth Grade Water Safety on these dates from 10-Noon**

**Tuesdays, May 22 and 29  
Wednesdays, May 23 and 30  
Thursdays, May 24 and 31**

**\* All lanes for Water Ex out 10 minutes prior to class start.**

**\*\*\*SCHEDULE SUBJECT TO CHANGE!**

<b>Wednesday</b>	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
5:30 - 7:00am	Swim Team			Lap Swim		
7:00 - 8:50am	Lap Swim					
9:00 - 10:00am	Water Exercise = Aerobics/Aquasize					
10:00-11:00am	Lap Swim			Open Swim		
11:00 - 2:00pm	Lap Swim			Open Swim		
2:00 - 3:00pm	Senior Swim					
3:00 - 4:00pm	Open Swim		Lap Swim	Lessons		
4:00 - 5:00pm	Swim Team		Lap Swim	Lessons		
5:00 - 6:00pm	Swim Team		Lap Swim	Lessons		
6:00 - 7:30pm	Swim Team		Lap Swim	Lessons		
7:30 - 9:00pm	Lap Swim			Open Swim		

<b>Thursday</b>	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
5:30 - 7:00am	Lap Swim	Masters				Lap Swim
7:00 - 8:00am	Lap Swim					
8:00 - 9:00am	Lap Swim		Water Exercise = AquaBlast			
9:00 - 10:00am	Water Exercise = AquaStretching/PowerHour					
10:00 - 12:00pm	Lap Swim			Open Swim		
12:00 - 2:00pm	Lap Swim			Open Swim		
2:00 - 2:45pm	Senior Swim					
2:45 - 3:30pm	Lap Swim					
3:30 - 5:30pm	Swim Team			Lessons		
5:30 - 6:30pm	Swim Team		Lessons			
6:30 - 8:00pm	Swim Team		Lap Swim	Lessons		
8:00 - 9:00pm	Lap Swim			Open Swim		

<b>Friday</b>	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
5:30 - 7:00am	Swim Team			Lap Swim		
7:00 - 8:50am	Lap Swim					
9:00 - 10:00am	Water Exercise = WaterFit/PowerHour					
10:00 - 11:00am	Water Exercise = AquaBlast			Open Swim		
11:00 - 2:00pm	Lap Swim			Open Swim		
2:00 - 3:00pm	Senior Swim					
3:00 - 4:00pm	Lap Swim			Open Swim		
4:00 - 5:30pm	Swim Team Pool Closed					
5:30 - 6:30pm	Swim Team		Lap Swim	Open Swim		
6:30 - 7:30pm	Swim Team		Lap Swim	Open Swim		

<b>Saturday</b>	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
7:00 - 8:15am	Lap Swim	Masters				Lap Swim
8:15 - 10:00am	Swim Team (Pool Closed)					
10:00 - 10:30am	Swim Team			Lessons		
10:30 - 11:15am	Lap Swim			Lessons		
11:15 - 12:15pm	Water Exercise=AquaZumba			Lessons		
12:15 - 1:00pm	Lap Swim			Lessons		
1:00 - 4:30pm	Lap Swim			Open Swim		

