

**PLATTSBURGH YMCA
POOL SCHEDULE - WINTER - JAN. 7 - MARCH 3, 2019**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM	LAP SWIM 5:30 - 7:10	LAP SWIM 5:30 - 7:10	LAP SWIM 5:30 - 7:10	LAP SWIM 5:30 - 7:10	LAP SWIM 5:30 - 7:10	Saturday Hours 7:00-5:00	Sunday Hours 7:00-5:00
7:00 AM	guard break	guard break	guard break	guard break	guard break		LAP SWIM 7:00 - 8:15
8:00 AM	LAP SWIM 7:20 - 8:50	LAP SWIM 7:20 - 8:50	LAP SWIM 7:20 - 8:50	LAP SWIM 7:20 - 8:50	LAP SWIM 7:20 - 8:50	SKIPPER I 8:25-8:55	guard break
9:00 AM	AQUA JOG 9:00-9:30 (+1 lap lane)	SKIPPER I & II 9:00 - 9:30	AQUA JOG 9:00-9:30 (+1 lap lane)	SKIPPER I & II 9:00 - 9:30	ADULT REC. SWIM 9:00-9:30(+1 lap lane)	SKIPPER II 9:00-9:30	LAP SWIM 9:00-11:00
10:00 AM	Y WEE CARE 9:30 - 10:00	Y WEE CARE 9:30 - 10:00	CHILD CARE 9:30 - 11:00	3's & 4's 9:30 - 10:00	CHILD CARE 9:30-11:00	3 & 4's 9:35 - 10:05	
11:00 AM	Y WEE CARE 10:00 - 10:30	Y WEE CARE 10:00 - 10:30		YOUTH & FAMILY REC. SWIM 10:00 - 11:00		3 & 4's 10:10-10:40	Closed
12:00 PM shift change	Y WEE CARE 10:30 - 11:00	REC. SWIM 10:30-11:00				POLLIWOG I 10:45-11:15	
1:00 PM	guard break	guard break	guard break	guard break	guard break	10:45-11:15	Closed
2:00 PM	OLDER ADULT WATER AEROBICS 11:15-12:15	OLDER ADULT WATER AEROBICS 11:15-12:00	SENIOR WATER EXERCISE 11:15-12:15	OLDER ADULT WATER AEROBICS 11:15-12:00	SENIOR WATER EXERCISE 11:15-12:15	POLLIWOG II 11:20-11:55	
3:00 PM	LAP SWIM 12:00-1:30	LAP SWIM 12:00-1:30	LAP SWIM 12:15-1:30	LAP SWIM 12:00-1:30	LAP SWIM 12:15-1:30	GUPPY - MINNOW 11:55-12:45	YOUTH & FAMILY REC. SWIM 12:30-2:30
4:00 PM shift change	LAP SWIM 12:15-1:30					guard break	
5:00 PM	guard break	guard break	guard break	guard break	guard break	YOUTH & FAMILY REC SWIM 1:00-2:50	guard break
6:00 PM shift change	guard break	guard break	guard break	guard break	guard break	guard break	
7:00 PM	LAP SWIM 1:40-2:50	LAP SWIM 1:40-2:50	LAP SWIM 1:40-2:50	LAP SWIM 1:40-2:50	LAP SWIM 1:40-2:50	YOUTH & FAMILY REC SWIM 1:00-2:50	YOUTH & FAMILY REC. SWIM 2:45 - 4:30
8:00 PM	guard break	guard break	guard break	guard break	guard break	guard break	
9:00 PM	YOUTH & FAMILY REC. SWIM 3:00-4:30	YOUTH & FAMILY REC. SWIM 3:00-4:30	YOUTH & FAMILY REC. SWIM 3:00-4:45	YOUTH & FAMILY REC. SWIM 3:00-4:15	YOUTH & FAMILY REC. SWIM 3:00-4:45	YOUTH & FAMILY REC SWIM 3:00-4:30	YOUTH & FAMILY REC. SWIM 2:45 - 4:30
10:00 PM	3's & 4's 4:30-5:00	POLLIWOG I 4:30 - 5:00		POLLIWOG I 4:15 - 4:45		guard break	
11:00 PM	POLLIWOG I 5:00-5:30	POLLIWOG II 5:00-5:30	STROKE DEVEL. 4:45-5:30 (Description on back)	GUPPY-MINNOW 4:45-5:30	POLLIWOG I 4:45-5:15	RENTAL SPACE 4:45 - 5:45	RENTAL SPACE 4:45 - 5:45
12:00 PM	AQUA FIT 5:30 - 6:30	AQUA FIT 5:30 - 6:30	AQUA FIT 5:30 - 6:30	AQUA FIT 5:30 - 6:30	POLLIWOG II 5:15-5:45		
1:00 PM	YOUTH & FAMILY REC SWIM (w/1 lap lane) 6:30-7:30	FISH-PRETEAM 6:30-7:30	LAP SWIM 6:30-7:30	LAP SWIM 6:30-7:30	YOUTH & FAMILY REC. SWIM 5:45-7:45	PLEASE SEE SWIM LESSON LEVEL SHEET FOR SWIM LESSON SELECTION DETAILS	
2:00 PM	guard break	guard break	guard break	guard break	guard break	POOL CLOSES DURING THUNDERSTORMS	
3:00 PM	LAP SWIM 7:40-9:30	DEEP WATER FITNESS 7:40-8:40	SCUBA 7:30 - 10:00	DEEP WATER FITNESS 7:40-8:40	LAP SWIM 8:00-9:30	AN ADULT MUST BE IN THE WATER WITH THEIR CHILD DURING YOUTH & REC. SWIM IF THE CHILD NEEDS A FLOATATION DEVICE	
4:00 PM	Closed	YOUTH & FAMILY REC SWIM (1 lap lane) 8:40-9:30		YOUTH & FAMILY REC SWIM (1 lap lane) 8:40-9:30	Closed	PLEASE SEE REVERSE SIDE FOR CLASS DETAILS	
5:00 PM	Closed	Closed		Closed	Closed	FOR MORE INFORMATION: 518-561-4290	