

**PLATTSBURGH YMCA  
POOL SCHEDULE - SPRING II - APRIL 29 - JUNE 23, 2019**

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