



**GREENWOOD FAMILY YMCA
POOL SCHEDULE
WINTER 2019**

| MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | |
|--|---|--|---|--|---|--|---|--|--|
| LAP/OPENSWIM 5:00-9:00a 4-7 Lanes | | LAP/OPEN SWIM 5:00-9:00a 7 Lanes | | LAP/OPEN SWIM 5:00-9:00a 4-7 Lanes | | LAP/OPEN SWIM 5:00-9:00a 7 Lanes | | LAP/OPEN SWIM 5:00-9:00a 7 Lanes | |
| H2O Boot Camp 6:00-6:45a 3 Lanes | | | | H2O Boot Camp 6:00-6:45a 3 Lanes | | | | | |
| Splash N' Fun 9:10-10:00a 3-4 Lanes | | Splash N' Fun 9:10-10:00a 3-4 Lanes | | Splash N' Fun 9:10-10:00a 3-4 Lanes | | Splash N' Fun 9:10-10:00a 3-4 Lanes | | Splash N' Fun 9:10-10:00a 3-4 Lanes | |
| LAP SWIM 9:00a-4:00p 2-3 Lanes | | LAP SWIM 9:00a-4:00p 2-3 Lanes | | LAP SWIM 9:00a-4:00p 2-3 Lanes | | LAP SWIM 9:00a-4:00p 2-3 Lanes | | LAP SWIM 9:00a-4:00p 2-3 Lanes | |
| Stretch N' Swim 10:10-11:00a 3-4 Lanes | | OPEN SWIM/LAP 10:00a- 1:30p 5 Lanes | | Stretch N' Swim 10:10-11:00a 3-4 Lanes | | OPEN SWIM/LAP 10:00a-1:30p 7 Lanes | | Stretch N' Swim 10:10-11:00a 3-4 Lanes | |
| OPEN SWIM/LAP SWIM 11:00a-1:30p 7 Lanes | | | | OPEN SWIM/LAP 11:00- 1:30p 4 Lanes | | | | SWIM &GYM 11:00a- 1:00p 3 Lanes | |
| Stretch N' Swim 1:30-2:30p 4 Lanes | | Stretch N' Swim 1:30-2:30p 4 Lanes | | Stretch N' Swim 1:30-2:30p 4 Lanes | | Stretch N' Swim 1:30-2:30p 4 Lanes | | Stretch N' Swim 1:30-2:30p 4 Lanes | |
| LAP/OPEN SWIM 1:30-4:00p 3 Lanes | | LAP/OPEN SWIM 1:30-4:00p 3 Lanes | | LAP/OPEN SWIM 1:30-4:00p 3 Lanes | | LAP/OPEN SWIM 1:30-4:00p 3 Lanes | | LAP/OPEN SWIM 1:30-4:00p 3 Lanes | |
| SWIM TEAM 3:30-4:30 2 LANES | | GATOR ACADEMY 3:30-4:30 2 LANES | SWIM TEAM 3:30-4:30 2 LANES | SWIM TEAM 3:30-4:30 2 LANES | | GATOR ACADEMY 3:30-4:30 2 LANES | SWIM TEAM 3:30-4:30 2 LANES | SWIM TEAM 3:30-4:30 2 LANES | |
| GATORS SWIM TEAM 4:00-6:30p NO LANES UNTIL 5:30p | | GATORS SWIM TEAM 4:00-6:30p NO LANES UNTIL 5:30p | | GATORS SWIM TEAM 4:00-6:30p NO LANES UNTIL 5:30p | | GATORS SWIM TEAM 4:00-6:30p NO LANES UNTIL 5:30p | | GATORS SWIM TEAM 4:00-6:30p NO LANES UNTIL 5:30p | |
| LAP SWIM 5:30 1-2 Lanes | Swim Lessons 5:30-6:30 2 Lanes | LAP SWIM 5:30 1-2 Lanes | Swim Lessons 5:30-6:30 2 Lanes | LAP SWIM 5:30 1-2 Lanes | Swim Lessons 5:30-6:30 2 Lanes | LAP SWIM 5:30 1-2 Lanes | Swim Lessons 5:30-6:30 2 Lanes | LAP/OPEN SWIM 5:30-6:45p 4-7 Lanes | |
| AQUA EXERCISE 6:30-7:30p 3 Lanes | | AQUA EXERCISE 6:30-7:30p 3 Lanes | | LAP/OPEN SWIM 6:00-8:45p 3-7 Lanes | | AQUA EXERCISE 6:30-7:30p 3 Lanes | | | |
| LAP/OPEN SWIM 6:00-8:45p 3-7 Lanes | | LAP/OPEN SWIM 6:00-8:45p 3-7 Lanes | | | | LAP/OPEN SWIM 6:00-8:45p 3-7 Lanes | | | |

OPEN and LAP SWIM ALL DAY on Saturday & Sunday
SATURDAY from 8:00 am – 3:45 pm & SUNDAY from 2:00pm – 5:45 pm

ALL CHILDREN UNDER 13 YEARS OF AGE WILL BE SWIM TESTED BEFORE ENTERING THE POOL. PLEASE SEE THE LIFEGUARD ON DUTY TO OBTAIN YOUR SWIM BAND!