

East Shore YMCA Pool Schedule
March 15-May 9, 2010
Schedule is Subject to Change!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6AM	Monday thru Friday					Pool Opens at 7AM on Saturdays	Pool Opens at 11AM on Sundays
6:30AM	LAP SWIM						
7AM	6-9:30AM						
7:30AM							
8AM		Water Fitness (2)/ LAP (2)		Water Fitness (2)/ LAP (2)		LAP SWIM (4)	
8:30AM		8:30-9:15AM		8:30-9:15AM			
9AM		Childcare Swim (2)/		Childcare Swim (2)/		7-8AM	
9:30AM	Water	LAP SWIM (2)	Water	LAP SWIM (2)	Water	Swim Lessons (2)/	
10AM	Fitness (4)	9:30-10:30	Fitness (4)	9:30-10:30	Fitness (4)	LAP SWIM (2)	
10:30AM	10-11AM	Adapted	10-11AM	Adapted	10-11AM	8-9AM	
11AM		Aquatics (4)		Aquatics (4)		Swim Lessons (4)	Pool Rental (2)/
11:30AM		10:30-11:30		10:30-11:30		9A-1P	LAP SWIM (2)
12PM	Monday thru Friday						11A-3:30P
12:30PM	LAP SWIM (4)						
1PM	11:30A-1:30P						
1:30PM		OPEN (REC) SWIM (2)/			Swim Lessons (4)	1-5PM	
2PM		LAP SWIM (2) is available					
2:30PM		whenever pool is not			1:30-2:15PM		
3PM		scheduled for any other				If a pool rental is scheduled,	
3:30PM		programming (M-F).				set-up will be	OPEN/REC SWIM (2)/
4PM				Pool Rental (2)/ LAP SWIM (2)	TH and FRI only	Rental (2)/	LAP SWIM (2)
4:30PM						Lap (2) with no rec swim.	3:30-5PM
5PM	OPEN/REC (2)/	Water Fitness (2)/		Water Fitness (2)/			Pool Closes
5:30PM	LAP SWIM (2)	LAP SWIM (2)	Swim Lessons (2)/	LAP SWIM (2)			at 5PM
6PM	4:45-6PM	5:45-6:30PM	LAP SWIM (2)	5:45-6:30PM		on Saturdays	on Sundays
6:30PM	Swim Lessons (2)/	Swim Lessons (2)/	5:45-7PM	Swim Lessons (2)/	Swim Lessons (2)/		
7PM	LAP SWIM (2)	LAP SWIM (2)		LAP SWIM (2)	LAP SWIM (2)		
7:30PM	6-7:45PM	6:30-7:15PM	Specialty Clinic (2)/	6:30-7:15PM	6-8PM		
8PM	OPEN/REC (2)/	Masters Swim Team (2)/	LAP SWIM (2)	Masters Swim Team (2)/	Pool Closes		
8:30PM	LAP SWIM (2)	LAP SWIM (2)	7-8:30PM	LAP SWIM (2)	at 8PM		
	7:45-9PM	7:15-8:30PM		7:15-8:30PM	on Fridays		
		LAP SWIM (4)	8:30-9PM	Tues-Thurs.			
9PM	Pool Closes	at 9PM	Mon. thru Thurs.				

Pool Rental (2): 3/27 & 4/24, 3-5PM Visual Support Group

To place your name on the Aquatics Director's Pool Alert e-mail distribution list, please contact her at dee.fisher@ymcaharrisburg.org.

Join Us on Sat., April 17th, for Healthy Kids' Day at the ESYMCA! Crafts and Games in the Pool Lobby from 10A-1P!

Free Community Day at the Pool on Sat., April 17th, from 1-5PM! Spring into Summer at the Pool! Bring a Friend!!!

NOTE: Master's Swim Team Practice ends April 22nd. After that, there will be 2 lanes available for OPEN (Rec) Swim on T and TH from 7:15-8:30PM.