

**East Shore YMCA Pool Schedule
January 11-March 14, 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 (4)				
7AM			6-9:30AM				
7:30AM							
8AM						LAP SWIM (4)	
8:30AM							
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)			OPEN/REC SWIM (2)/	
1PM			11:30A-1:30P			LAP SWIM (2)	
1:30PM		Swim Lessons (2)/			Swim Lessons (4)	1-5PM	
2PM		LAP SWIM (2)					
2:30PM		1:30-2:30PM			1:30-2:15PM		
3PM						If a pool rental is scheduled,	
3:30PM	Susquehanna HS Swim Team Practice (4); 3:15-4:45PM; Mon.-Fri. Practice runs thru March 5th.					set-up will be	OPEN/REC SWIM (2)/
4PM	When meets are held, the pool will be available for Open Swim;					Rental (2)/	
4:30PM	Check with the Lifeguard-on-Duty for dates of meets.					Lap (2) with no rec swim.	LAP SWIM (2)
	OPEN/REC (2)/	Water Fitness (2)/		Water Fitness (2)/	OPEN/REC (2)/		3:30-5PM
5PM	LAP SWIM (2)	LAP SWIM (2)	Swim Lessons (2)/	LAP SWIM (2)	LAP SWIM (2)	Pool Closes	Pool Closes
5:30PM	4:45-6PM	5:45-6:30PM	LAP SWIM (2)	5:45-6:30PM	4:45-6PM	at 5PM	at 5PM
6PM	Swim Lessons (2)/	Swim Lessons (2)/	5:45-7PM	Swim Lessons (2)/	Swim Lessons (2)/	on Saturdays	on Sundays
6:30PM	LAP SWIM (2)	LAP SWIM (2)		LAP SWIM (2)	LAP SWIM (2)		
7PM	6-8PM	6:30-7:15PM	Tri Hard Clinic (2)/	6:30-7:15PM	6-8PM		
7:30PM	OPEN/REC (2)/	Masters Swim Team (2)/	LAP SWIM (2)	Masters Swim Team (2)/	Pool Closes		
8PM	LAP SWIM (2)	LAP SWIM (2)	7-8:30PM	LAP SWIM (2)	at 8PM		
8:30PM	8-9PM	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):	Jan. 9th, 12-2PM	Navy Sea Cadets
Pool Rental (4):	Jan. 16th, 1:30-3PM	CV Synchro Team
Pool Rental (2):	Feb. 27th, 3-5PM	Visual Support Group

Join us on Sat.,	Jan. 16th, at 1PM	for a FREE
Exhibition by the	Cumberland Valley	Synchro Swimming Team!
A FREE Synchro Clinic will be held on Sat., Feb. 6th, from 9A-12:15PM.		
Contact the Aquatics Director to register for your age group!		

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

NOTE: The Winter Session of Swimming Lessons will end on Sat., Feb. 27th. If classes need to be made up, due to weather conditions, make-ups will be held the week of March 1st. The Spring I Session will begin the week of March 15th.
During the break, OPEN/REC Swim will be available during all scheduled swim lesson times.