



**SANDS FAMILY YMCA | September 8th - September 14th**

|  | Monday                   | Tuesday  | Wednesday                | Thursday   | Friday                   | Saturday                | Sunday                   |
|--|--------------------------|--|--------------------------|--|--------------------------|-------------------------|--------------------------|
| <b>WATER WALKING</b><br>Family Pool                        | 5:30AM-8:00AM<br>(Pool)  | 5:30AM-8:00AM<br>(Pool)  | 5:30AM-8:00AM<br>(Pool)  | 5:30AM-8:00AM<br>(Pool)  | 5:30AM-8:00AM<br>(Pool)  | 7:00AM-8:00AM<br>(Pool) | 8:00AM-10:30AM<br>(Pool) |
| <b>LAP SWIM</b><br>Exercise Pool                           | 5:30AM-8:00AM<br>(Pool)  | 5:30AM-6:00AM<br>(Pool)<br><br>8:00AM-12:00PM<br>(Pool)<br><br>6:00PM-8:45PM<br>(Pool) | 5:30AM-8:00AM<br>(Pool)  | 5:30AM-6:00AM<br>(Pool)<br><br>8:00AM-12:00PM<br>(Pool)<br><br>8:30PM-8:45PM<br>(Pool) | 5:30AM-8:00AM<br>(Pool)  | 7:00AM-8:30AM<br>(Pool) | 8:00AM-8:30AM<br>(Pool)  |
| <b>LAP SWIM (LIMITED LANES AVAILABLE)</b><br>Exercise Pool | 8:00AM-8:45PM<br>(Pool)  | 6:00AM-8:00AM<br>(Pool)<br><br>12:00PM-8:15PM<br>(Pool)                                | 8:00AM-8:45PM<br>(Pool)  | 6:00AM-8:00AM<br>(Pool)<br><br>12:00PM-8:15PM<br>(Pool)                                | 8:00AM-8:45PM<br>(Pool)  | 8:30AM-4:45PM<br>(Pool) | 8:30AM-3:45PM<br>(Pool)  |
| <b>OPEN SWIM</b><br>Family Pool                            | 8:00AM-8:45PM<br>(Pool)  | 8:00AM-8:45PM<br>(Pool)  | 8:00AM-8:45PM<br>(Pool)  | 8:00AM-8:45PM<br>(Pool)  | 8:00AM-8:45PM<br>(Pool)  | 8:00AM-4:45PM<br>(Pool) | 8:00AM-3:45PM<br>(Pool)  |
| <b>OPEN SWIM</b><br>Exercise Pool                          | 10:30AM-8:30PM<br>(Pool) | 12:00PM-8:45PM<br>(Pool)   | 10:45AM-8:45PM<br>(Pool) | 12:00PM-8:45PM<br>(Pool)   | 10:45AM-8:45PM<br>(Pool) | 8:30AM-4:45PM<br>(Pool) | 8:30AM-3:45PM<br>(Pool)  |