



SANDS FAMILY YMCA | March 30th - April 5th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LAP SWIM Exercise Pool	5:30AM-8:00AM (Pool)	5:30AM-6:00AM (Pool) 8:00AM-12:00PM (Pool) 6:00PM-8:45PM (Pool)	5:30AM-8:00AM (Pool)	5:30AM-6:00AM (Pool) 8:00AM-12:00PM (Pool) 8:30PM-8:45PM (Pool)	5:30AM-8:00AM (Pool)	7:00AM-8:30AM (Pool)	
WATER WALKING Family Pool	5:30AM-8:00AM (Pool)	5:30AM-8:00AM (Pool)	5:30AM-8:00AM (Pool)	5:30AM-8:00AM (Pool)	5:30AM-8:00AM (Pool)	7:00AM-8:00AM (Pool)	
LAP SWIM (LIMITED LANES AVAILABLE) Exercise Pool	8:00AM-8:45PM (Pool)	6:00AM-8:00AM (Pool) 12:00PM-8:15PM (Pool)	8:00AM-8:45PM (Pool)	6:00AM-8:00AM (Pool) 12:00PM-8:15PM (Pool)	8:00AM-8:45PM (Pool)	8:30AM-4:45PM (Pool)	
OPEN SWIM Family Pool	8:00AM-8:45PM (Pool)	8:00AM-8:45PM (Pool)	8:00AM-8:45PM (Pool)	8:00AM-8:45PM (Pool)	8:00AM-8:45PM (Pool)	8:00AM-4:45PM (Pool)	
OPEN SWIM Exercise Pool	10:30AM-8:30PM (Pool)	12:00PM-8:45PM (Pool)	10:45AM-8:45PM (Pool)	12:00PM-8:45PM (Pool)	10:45AM-8:45PM (Pool)	8:30AM-4:45PM (Pool)	
FLOAT AND GLOW Family Pool					6:00PM-8:00PM (Pool)		