



# CONEJO VALLEY YMCA WARM POOL SCHEDULE

September 6<sup>th</sup> 2011 - December 31<sup>st</sup> 2011

Updated: 09/06/2011

Warm Water Pool	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am-9:00am	• Open Therapy	• Open Therapy	• Open Therapy	• Open Therapy	• Open Therapy	• Open Therapy (Pool Opens at 7:00)	<b>POOL CLOSED</b>
9:00am-10:00am	• Joint Mobility Plus	• Joint Mobility (9:15-10:15)	• Joint Mobility Plus	• Joint Mobility (9:15-10:15)	• Joint Mobility Plus	• Open Therapy • Swim Lessons	
10:00am-11:00am	• Open Therapy	• Open Therapy • CA Orthopedic PT (10:15-11:15)	• Open Therapy	• Twinges	• Open Therapy • CA Orthopedic PT (10:30-11:30)	• Joint Mobility • Swim Lessons	• Open Therapy
11:00am-12:00pm	• Senior Water Exercise	• Open Therapy	• Senior Water Exercise	• Open Therapy	• Open Therapy	• Open Therapy • Swim Lessons	• Open Therapy
12:00pm-1:00pm	• Open Therapy	• Joint Mobility Plus	• Open Therapy	• Joint Mobility Plus	• Open Therapy	• Open Therapy • Swim Lessons (End at 12:30pm)	• Open Therapy
1:00pm-2:00pm	• Open Therapy	• Open Therapy • Athletic PT	• Open Therapy <b>POOL CLOSED FOR CLEANING (1:30-2)</b>	• Open Therapy • Athletic PT	• Open Therapy • Athletic PT	• Open Therapy	• Open Therapy
2:00pm-3:00pm	• Open Therapy • Swim Lessons (Start at 2:30pm)	• Open Therapy • Swim Lessons (Start at 2:30pm) • Athletic PT	• Open Therapy • Swim Lessons (Start at 2:30pm)	• Open Therapy • Swim Lessons (Start at 2:30pm) • Athletic PT	• Open Therapy • Athletic PT	• Open Therapy	• Open Therapy
3:00pm-4:00pm	• Open Therapy • Swim Lessons	• Open Therapy • Swim Lessons • Athletic PT	• Open Therapy • Swim Lessons	• Open Therapy • Swim Lessons • Athletic PT	• Open Therapy • Athletic PT	• Open Therapy	• Open Therapy • <b>Pool Closes at 3:30pm</b>
4:00pm-5:00pm	• Open Therapy • Swim Lessons	• Open Therapy • Swim Lessons	• Open Therapy • Swim Lessons	• Open Therapy • Swim Lessons	• Open Therapy	• Open Therapy • <b>Pool Closes at 5:00pm</b>	<b>POOL CLOSED</b>
5:00pm-6:00pm	• Open Therapy • Swim Lessons	• Open Therapy • Swim Lessons	• Open Therapy • Swim Lessons	• Open Therapy • Swim Lessons	• Open Therapy	<b>POOL CLOSED</b>	
6:00pm-7:00pm	• Open Therapy • Swim Lessons (End at 6:30pm)	• Joint Mobility Plus • Swim Lessons (End at 6:30pm)	• Open Therapy • Swim Lessons (End at 6:30pm)	• Open Therapy • Swim Lessons (End at 6:30pm)	• Open Therapy		
7:00pm-8:30pm	• Open Therapy • <b>Pool Closes at 8:30pm</b>	• Open Therapy • <b>Pool Closes at 8:30pm</b>	• Open Therapy • <b>Pool Closes at 8:30pm</b>	• Open Therapy • <b>Pool Closes at 8:30pm</b>	• Open Therapy • <b>Pool Closes at 8:30pm</b>		

- ✓ Children under the age of 8 years old MUST be accompanied in the water with an adult.
- ✓ Children under 8 cannot be left on deck unaccompanied by an adult.
- ✓ Schedule subject to change without notice.



# CONEJO VALLEY YMCA LAP POOL SCHEDULE

September 6<sup>th</sup> 2011 - December 31<sup>st</sup> 2011

Updated: 09/06/2011

Lap Pool	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am-8:00am	<ul style="list-style-type: none"> <li>Lap Swim-3 Lanes</li> <li>Free Swim</li> </ul>	<ul style="list-style-type: none"> <li>Lap Swim- 3 Lanes</li> <li>Free Swim</li> </ul>	<ul style="list-style-type: none"> <li>Lap Swim – 3 Lanes</li> <li>Free Swim</li> </ul>	<ul style="list-style-type: none"> <li>Lap Swim- 3 Lanes</li> <li>Free Swim</li> </ul>	<ul style="list-style-type: none"> <li>Lap Swim – 3 Lanes</li> <li>Free Swim</li> </ul>	<ul style="list-style-type: none"> <li>Lap Swim- 3 Lanes</li> <li>Free Swim</li> </ul> (Pool Opens at 7:00)	<b>POOL CLOSED</b>
8:00am-9:00am	<ul style="list-style-type: none"> <li>Lap Swim- 1 Lane</li> <li>Deep Water</li> </ul>	<ul style="list-style-type: none"> <li>Lap Swim- 1 Lane</li> <li>Deep Water</li> </ul>	<ul style="list-style-type: none"> <li>Lap Swim- 1 Lane</li> <li>Deep Water</li> </ul>	<ul style="list-style-type: none"> <li>Lap Swim- 1 Lane</li> <li>Deep Water</li> </ul>	<ul style="list-style-type: none"> <li>Lap Swim- 1 Lane</li> <li>Deep Water</li> </ul>	<ul style="list-style-type: none"> <li>Lap Swim- 2 Lanes</li> <li>Aquacise</li> </ul> (8:30 – 9:30am)	
9:00am-10:00am	<ul style="list-style-type: none"> <li>Lap Swim- 1 Lane</li> <li>Aquacise</li> </ul>	<ul style="list-style-type: none"> <li>Lap Swim- 1 Lane</li> <li>Aquacise</li> </ul>	<ul style="list-style-type: none"> <li>Lap Swim- 1 Lane</li> <li>Aquacise</li> </ul>	<ul style="list-style-type: none"> <li>Lap Swim-1 Lane</li> <li>Aquacise</li> </ul>	<ul style="list-style-type: none"> <li>Lap Swim- 1 Lane</li> <li>Aquacise</li> </ul>	<ul style="list-style-type: none"> <li>Lap Swim-3 Lanes</li> <li>Swim Lessons</li> </ul>	
10:00am-11:00am	<ul style="list-style-type: none"> <li>Lap Swim- 2 Lanes</li> <li>Free Swim</li> </ul>	<ul style="list-style-type: none"> <li>Lap Swim- 2 Lanes</li> <li>Free Swim</li> </ul>	<ul style="list-style-type: none"> <li>Lap Swim- 2 Lanes</li> <li>Free Swim</li> </ul>	<ul style="list-style-type: none"> <li>Lap Swim- 2 Lanes</li> <li>Free Swim</li> </ul>	<ul style="list-style-type: none"> <li>Lap Swim- 2 Lanes</li> <li>Free Swim</li> </ul>	<ul style="list-style-type: none"> <li>Lap Swim-3 Lanes</li> <li>Swim Lessons</li> </ul>	<ul style="list-style-type: none"> <li>Lap Swim- 3 Lanes</li> <li>Free Swim</li> </ul>
11:00am-12:00pm	<ul style="list-style-type: none"> <li>Lap Swim- 2 Lanes</li> <li>Free Swim</li> </ul>	<ul style="list-style-type: none"> <li>Lap Swim- 2 Lanes</li> <li>Free Swim</li> </ul>	<ul style="list-style-type: none"> <li>Lap Swim- 2 Lanes</li> <li>Free Swim</li> </ul>	<ul style="list-style-type: none"> <li>Lap Swim- 2 Lanes</li> <li>Free Swim</li> </ul>	<ul style="list-style-type: none"> <li>Lap Swim- 2 Lanes</li> <li>Free Swim</li> </ul>	<ul style="list-style-type: none"> <li>Lap Swim-3 Lanes</li> <li>Swim Lessons</li> </ul>	<ul style="list-style-type: none"> <li>Lap Swim- 3 Lanes</li> <li>Free Swim</li> </ul>
12:00pm-1:00pm	<ul style="list-style-type: none"> <li>Lap Swim- 2 Lanes</li> <li>Free Swim</li> </ul>	<ul style="list-style-type: none"> <li>Lap Swim- 2 Lanes</li> <li>Free Swim</li> </ul>	<ul style="list-style-type: none"> <li>Lap Swim- 2 Lanes</li> <li>Free Swim</li> </ul>	<ul style="list-style-type: none"> <li>Lap Swim- 2 Lanes</li> <li>Free Swim</li> </ul>	<ul style="list-style-type: none"> <li>Lap Swim- 2 Lanes</li> <li>Free Swim</li> </ul>	<ul style="list-style-type: none"> <li>Lap Swim-3 Lanes</li> <li>Swim Lessons</li> </ul>	<ul style="list-style-type: none"> <li>Lap Swim- 3 Lanes</li> <li>Free Swim</li> </ul>
1:00pm-4:00pm	<ul style="list-style-type: none"> <li>Lap Swim- 2 Lanes</li> <li>Swim Lessons (Start at 2:30)</li> <li>Free Swim</li> </ul>	<ul style="list-style-type: none"> <li>Lap Swim- 2 Lanes</li> <li>Swim Lessons (Start at 2:30)</li> <li>Free Swim</li> <li>Athletic PT</li> </ul>	<ul style="list-style-type: none"> <li>Lap Swim- 1 Lane</li> <li>Swim Lessons (Start at 2:30)</li> <li>Free Swim</li> <li>CRPD</li> </ul>	<ul style="list-style-type: none"> <li>Lap Swim- 2 Lanes</li> <li>Swim Lessons (Start at 2:30)</li> <li>Free Swim</li> <li>Athletic PT</li> </ul>	<ul style="list-style-type: none"> <li>Lap Swim- 1 Lane</li> <li>Free Swim</li> <li>Athletic PT</li> <li>Bethany Christian School (2:00-2:45)</li> </ul>	<ul style="list-style-type: none"> <li>Lap Swim-3 Lanes</li> <li>Free Swim</li> </ul>	<ul style="list-style-type: none"> <li>Lap Swim- 3 Lanes</li> <li>Free Swim</li> <li><b>Pool Closes at 3:30pm</b></li> </ul>
4:00pm-5:00pm	<ul style="list-style-type: none"> <li>Lap Swim- 2 Lanes</li> <li>Swim Lessons</li> <li>Free Swim</li> </ul>	<ul style="list-style-type: none"> <li>Lap Swim- 2 Lanes</li> <li>Swim Lessons</li> <li>Free Swim</li> </ul>	<ul style="list-style-type: none"> <li>Lap Swim- 2 Lanes</li> <li>Swim Lessons</li> <li>Free Swim</li> </ul>	<ul style="list-style-type: none"> <li>Lap Swim- 2 Lanes</li> <li>Swim Lessons</li> <li>Free Swim</li> </ul>	<ul style="list-style-type: none"> <li>Lap Swim- 2 Lanes</li> <li>Free Swim</li> </ul>	<ul style="list-style-type: none"> <li>Lap Swim- 3 Lanes</li> <li>Free Swim</li> </ul>	<b>POOL CLOSED</b>
5:00pm-7:00pm	<ul style="list-style-type: none"> <li>Lap Swim- 1 Lane</li> <li>Swim Team</li> <li>Swim Lessons</li> <li>Free Swim</li> </ul> (if space is available)	<ul style="list-style-type: none"> <li>Lap Swim - 1 Lane</li> <li>Swim Team</li> <li>Swim Lessons</li> <li>Free Swim</li> </ul> (if space is available)	<ul style="list-style-type: none"> <li>Lap Swim - 1 Lane</li> <li>Swim Team</li> <li>Swim Lessons</li> <li>Free Swim</li> </ul> (if space is available)	<ul style="list-style-type: none"> <li>Lap Swim - 1 Lane</li> <li>Swim Team</li> <li>Swim Lessons</li> <li>Free Swim</li> </ul> (if space is available)	<ul style="list-style-type: none"> <li>Lap Swim-2 Lanes</li> <li>Free Swim</li> </ul>	<b>POOL CLOSED</b>	
7:00pm-8:00pm	<ul style="list-style-type: none"> <li>Lap Swim- 2 Lanes</li> <li>Aquacise</li> <li>Free Swim</li> </ul>	<ul style="list-style-type: none"> <li>Lap Swim - 2 Lanes</li> <li>Deep Water</li> <li>Free Swim</li> </ul>	<ul style="list-style-type: none"> <li>Lap Swim- 2 Lanes</li> <li>Aquacise</li> <li>Free Swim</li> </ul>	<ul style="list-style-type: none"> <li>Lap Swim- 2 Lanes</li> <li>Deep Water</li> <li>Free Swim</li> </ul>	<ul style="list-style-type: none"> <li>Lap Swim- 2 Lanes</li> <li>Free Swim</li> </ul>		
8:00pm-8:30pm	<ul style="list-style-type: none"> <li>Lap Swim- 2 Lanes</li> <li>Free Swim</li> <li><b>Pool Closes at 8:30pm</b></li> </ul>	<ul style="list-style-type: none"> <li>Lap Swim- 2 Lanes</li> <li>Free Swim</li> <li><b>Pool Closes at 8:30pm</b></li> </ul>	<ul style="list-style-type: none"> <li>Lap Swim- 2 Lanes</li> <li>Free Swim</li> <li><b>Pool Closes at 8:30pm</b></li> </ul>	<ul style="list-style-type: none"> <li>Lap Swim- 2 Lanes</li> <li>Free Swim</li> <li><b>Pool Closes at 8:30pm</b></li> </ul>	<ul style="list-style-type: none"> <li>Lap Swim- 2 Lanes</li> <li>Free Swim</li> <li><b>Pool Closes at 8:30pm</b></li> </ul>		

- ✓ Children under the age of 8 years old MUST be accompanied in the water with an adult.
- ✓ Children under 8 cannot be left on deck unaccompanied by an adult.
- ✓ Schedule subject to change without notice.
- ✓ NO Open Free Swim Monday-Friday 8-10am. From 5:00-7:00pm free swim may be limited due to lack of space.