



Claire Chapin Epps Family YMCA

Pool Schedule for January 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:30-7:00 Laps (4) Open	5:30-7:00 Laps (4) Water Fitness	5:30-7:00 Laps (4) Open	5:30-7:00 Laps (4) Water Fitness	5:30-7:00 Laps (4) Open	
	7:00-8:00 Laps (4) Open	7:00-8:00 Laps (4) Open	7:00-8:00 Laps (4) Open	7:00-8:00 Laps (4) Open	7:00-8:00 Laps (4) Open	
	8:00-9:00 Laps (3) Water Fitness	8:00-9:00 Laps (3) Water Fitness	8:00-9:00 Laps (3) Water Fitness	7:45-9:00 Laps (3) Water Fitness	8:00-9:00 Laps (3) Water Fitness	
	9:00-10:00 Laps (3) Water Fitness	9:00-10:00 Laps (3) Water Fitness	9:00-10:00 Laps (3) Water Fitness	9:00-10:00 Laps (3) Water Fitness	9:00-10:00 Laps (3) Water Fitness	9:00-12:00 Laps (2) Lessons
	10:00-11:00 Laps (4) Open	10:00-11:00 Laps (3) Aqua Zumba	10:00-11:00 Laps (4) Lessons/Open	10:00-11:00 Laps (3) Aqua Zumba	10:00-11:00 Laps (4) Open	
	11:00-12:00 Laps (4) Open	11:00-12:00 Laps (4) Open	11:00-12:00 Laps (4) Open	11:00-12:00 Laps (4) Open	11:00-12:00 Laps (4) Open	
	12:00-1:30 Laps (3)/Open Water Fitness	12:00-1:30 Laps (4) Open	12:00-1:30 Laps (3)/Lessons Water Fitness/Open	12:00-1:30 Laps (4) Open	12:00-1:30 Laps (3)/Open Water Fitness	12:00 - 4:30 Laps (4) Open
1:00-4:30 Laps (4) Open	1:30-3:00 CLOSED	1:30-3:00 CLOSED	1:30-3:00 CLOSED	1:30-3:00 CLOSED	1:30-3:00 CLOSED	CLOSED 4:30
CLOSED 4:30	3:00-5:00 Laps (4) Open	3:00-5:00 Laps (4) Open	3:00-5:00 Laps (4) Open	3:00-5:00 Laps (4) Open	3:00-5:00 Laps (4) Open	
	5:00 - 5:30 Laps (2) Lessons/Open	5:00 - 5:30 Laps (4) Open	5:00 - 5:30 Laps (4) Lessons/Open	5:00 - 5:30 Laps (4) Open	5:00 - 6:00 Laps (4) Open	
	5:30 - 6:30 Laps (1) Lessons/Swim Team	5:30 - 6:30 Laps (3) Lessons/Open	5:30 - 6:30 Laps (1) Swim Team	5:30 - 6:30 Laps (3) Lessons/Open	6:00 - 7:00 Laps (4) Open	
	6:30-7:30 Laps (2) Swim Team Water Fitness	6:30-7:30 Laps (4) Open	6:30-7:30 Laps (2) Swim Team Open	6:30-7:30 Laps (4) Open	CLOSED 7:00 PM	
	7:30 - 8:30 Laps (4) Open	7:30 - 8:30 Laps (4) Open	7:30 - 8:30 Laps (4) Open	7:30 - 8:30 Laps (4) Open		

A branch of the Coastal Carolina YMCA

revised 9/19/11

*Laps - MUST be continuously doing laps during these times.

If there is more than one lap swimmer at any time in all the lanes, proper swim etiquette is to circle swim.

() numbers = the number of open lap lanes at that time

Sauna will operate on the same schedule as the pool.

|

|