

FULTON COUNTY YMCA

SUMMER 1 SESSION 2010 POOL SCHEDULE

EFFECTIVE: JULY 5 – AUGUST 1

PLEASE NOTE:
*Gloversville Drop-In
Recreational Program
begins on July 26th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim 5:30-7:45am	Lap Swim 5:30-7:45am	Lap Swim 5:30-7:45am	Lap Swim 5:30-7:45am	Lap Swim 5:30-7:45am		
Open & Lap Swim 7:45-8:45am	Open & Lap Swim 7:45-9am	Open & Lap Swim 7:45-8:45am	Open & Lap Swim 7:45-9am	Open & Lap Swim 7:45-8:45am		
Sr Aqua Fit 8:45-9:30am	Aqua-robics 9-10am	Sr Aqua Fit 8:45-9:30am	Aqua-robics 9-10am	Sr Aqua Fit 8:45-9:30am	Lap Swim 7-8:45am	
Sr Aqua Fit 9:30-10:15am		Sr Aqua Fit 9:30-10:15am		Sr Aqua Fit 9:30-10:15am		
Daycare & Lap Swim 10:15-11:15am	Daycare & Lap Swim 10-11am	Daycare & Lap Swim 10:15-11:15am	Daycare & Lap Swim 10-11am	Daycare & Lap Swim 10:15-11:15am	Shrimp & Perch 8:45-9:15am	
Open & Iroquois & Lap Swim 11:15am -12pm	Open & Lap Swim & G'ville Rec 11am -12pm	Open & Iroquois & Lap Swim 11:15am -12pm	Open & Lap Swim 11am -11:30am	Open & Iroquois & Lap Swim 11:15am -12pm	Pike & Eel 9:15-9:45am	Lap Swim 8-8:30am
Pike & Lap 12-12:30pm	Eel & Lap 12-12:30pm	Ray/Starfish & Lap 12-12:30pm	Lap Swim 11:30-12pm	Open & Lap Swim & *G'ville Rec 12-1:30pm		Shrimp & Perch 8:30-9am
Open & Lap Swim & *G'ville Rec 12:30-1:30pm	Home School Swim 12:30-1:30pm	Open & Lap Swim & *G'ville Rec 12:30-2pm	Open & Lap Swim & *G'ville Rec 12-1:30pm			Pike & Lap 9-9:30am
Open & Agaming & Lap Swim 1:30-3:45pm	Open & Agaming & Lap Swim 1:30-3:45pm	Open & Lap Swim 2-3:45pm	Open & Agaming & Lap Swim 1:30-3:45pm	Open & Agaming & Lap Swim 1:30-3:45pm	Ray/Starfish & Pike 9:45- 10:15am	Pike & Lap 9:30-10am Eel & Lap 10-10:30am
Polliwog 1 & Lap Swim 3:45-4:30pm	Guppy & Lap Swim 3:45-4:30pm	Minnow 3:45-4:30pm	Fish & Flying Fish/Shark 3:45-4:30pm	Polliwog 2 & Lap Swim 3:45-4:30pm	Polliwog 1 & Polliwog 2 10:15-11am	Polliwog 1 & Polliwog 2 10:30-11:15am
Open & Lap Swim 4:30-5:15pm	Open & Lap Swim 4:30-5:15pm	Open & Lap Swim 4:30-5:15pm	Open & Lap Swim 4:30-5:15pm	Open & Lap Swim 4:30-5:15pm	Guppy & Minnow 11-11:45am	Open & Lap Swim 11:15-12:30pm
Adult Lessons & Lap Swim 5:15-6pm	Deep Water Workout 5:15-6pm	Lap Swim 5:15-6pm	Deep Water Workout 5:15-6pm	Open & Lap Swim 5:15-6pm	Fish & Flying Fish & Shark 11:45am- 12:30pm	Open & Lap Swim 12:30-5pm
Aqua-robics 6-7pm	Aqua-robics 6-7pm	Shrimp & Lap Swim 6-6:30pm	Perch & Lap Swim 6-6:30pm	Family Swim & Lap Swim 6-7:30pm	Open & Lap Swim 12:30-5pm	
Swim Team 7-9pm & *G'ville Rec 8:30-9pm	Open & Lap Swim 7-9pm	Swim Team 6:30-9pm & *G'ville Rec 8:30-9pm	Open & Lap Swim 6:30pm -9pm	Open & Lap & *G'ville Rec 7:30-8:30pm Open & Lap Swim 8:30-9pm		

POOL USE DEFINITIONS:

*Rev. 7/2010 – Pool schedule is subject to change.

SHRIMP/PERCH: (Ages 6-18 months & 18-36 months)- Swim lessons for **child with adult** in water.

PIKE/EELS/RAYS/STARFISH: (Ages 3-5) - Progressive **pre-school** swim lessons.

POLLIWOG 1&2 /GUPPY/MINNOW/FISH/FLYING FISH/SHARK: (Ages 6-14) - Progressive **youth** swim lessons.

ADULT LESSONS: (Ages 18+) - Swim lessons for **adults**.

DAYCARE: Swim lesson and recreation sessions for **YMCA Daycare children only**.

LAP SWIM: Continuous circle lap swim for swimmers **ages 14 and up**.

SR AQUA FIT: M-W-F morning aqua fitness course for **seniors** ages 62 & up **only**.

AQUA-ROBICS/ DEEP WATER WORKOUT: ; Day & evening **adult** aqua aerobics course ages 18 & up.

FAMILY SWIM: Open swim for **families only**. Youth must be accompanied in the pool by an adult.

OPEN SWIM: Open swim for **everyone**.

MASTERS SWIM: Group swim practices for **adults**.

INNER TUBE WATER POLO: Water polo games for **youth** played on floating inner tubes.

AGAMING: Recreation sessions for **YMCA Camp Agaming children**.

IROQUOIS: Recreation sessions for **YMCA Camp Iroquois children**.

G'VILLE REC: Recreation sessions for **YMCA Gloversville Drop-In Recreation Program children**.