

**FULTON COUNTY YMCA**  
**WINTER SESSION 2010 POOL SCHEDULE**  
**EFFECTIVE: JANUARY 4 – FEBRUARY 21**

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 7:45-9am		
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 9-9:45am	Lap Swim 7-8:45am	
Sr Aqua Fit 9:30-10:15am		Sr Aqua Fit 9:30-10:15am		Lap Swim 9:45-10:15am		
Daycare (Pre-school) & Lap Swim 10:15-11:30am	Daycare (Toddler) & Lap Swim 10-11:30am	Daycare (Pre-school) & Lap Swim 10:15-11:30am	Daycare (Toddler) & Lap Swim 10-11:30am	Daycare (Pre-school) & Lap Swim 10:15-11:30am	Shrimp & Perch 8:45-9:15am	
Lap Swim 11:30am-12pm	Lap Swim 11:30am-12pm	Lap Swim 11:30am-12pm	Lap Swim 11:30-12:15pm	Lap Swim 11:30am-12pm		Lap Swim 8-8:30am
Pike & Lap Swim 12-12:30pm	Lap Swim 12-12:30pm	Eel /Ray & Lap 12-12:30pm	Lap Swim 12:15-1:30pm	Lap Swim 12-1:30pm	Pike & Eel 9:15-9:45am	Shrimp & Perch 8:30-9am
Lap Swim 12:30-1:30pm	Home School Swim 12:30-1:30pm	Lap Swim 12:30-1:30pm				Pike & Lap Swim 9-9:30am
Open & Lap Swim 1:30-3:45pm	Open & Lap Swim 1:30-3:45pm	Open & Lap Swim 1:30-3:45pm	Open & Lap Swim 1:30-3:45pm	Open & Lap Swim 1:30-3:45pm	Ray/Starfish & Pike 9:45- 10:15am	Pike & Lap Swim 9:30-10am
Polliwog 1 & Lap Swim 3:45-4:30pm	Guppy 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	Eel & Lap Swim 10-10:30am
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	Polliwog 1 & Polliwog 2 10:30-11:15am
Adult Lessons & Lap Swim 5:15-6pm	Deep Water Workout 5:15-6pm	Master's & Lap Swim 5:15-6pm	Deep Water Workout 5:15-6pm	Lap Swim 5:15-6pm	Fish & Flying Fish & Shark 11:45am-12:30pm	Lap Swim 11:15- 12:30pm
Aqua-robics 6-7pm	Shrimp & Lap Swim 6-6:30pm	Aqua-robics 6-7pm	Perch & Lap Swim 6-6:30pm	Family Swim 6-8:30pm	Open & Lap Swim 12:30-4pm	Open & Lap Swim 12:30-5:15pm
	Swim Team & Lap/ Open 6:30-7pm		Swim Team & Lap/ Open 6:30-7pm			
Swim Team 7-8:30pm	Swim Team 7-8:30pm	Swim Team 7-8:30pm	Swim Team 7-8:30pm			
Swim Team & Open & Lap 8:30-9pm	Swim Team & Open & Lap Swim 8:30-9pm	Swim Team & Open & Lap Swim 8:30-9pm	Swim Team & Open & Lap Swim 8:30-9pm	Open & Lap Swim 8:30-9pm	Open & Lap Swim 4-6pm	Master's & Lap Swim 5:15-6pm

*\*Rev.1/4/2009 – Pool schedule is subject to change. Home swim meet Sunday, January 10th - pool closed 1:30-5:30pm.*

**POOL USE DEFINITIONS:**

**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**.