

# Frohman Pool Schedule

June 6 - August 13, 2010

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
5:00	<b>YMCA CLOSED</b>	<b>OPEN SWIM</b> 5-9 AM	<b>OPEN SWIM</b> 5-10:30 AM	<b>OPEN SWIM</b> 5-9 AM	<b>OPEN SWIM</b> 5-10:30 AM	<b>OPEN SWIM</b> 5-9 AM		
6:00								
7:00								
8:00				(preschool 9-10:15 AM)		(preschool 9-10:15 AM)		<b>OPEN SWIM</b>
9:00		Aquanastics			Aquanastics		Aquanastics	Swim Lesson 9-12:20
10:00		Aquanastics 10-11:00		SilverSplash 10:30-11:30	Aquanastics 10-11:00		Aquanastics 10-11:00	
10:30						SilverSplash 10:30-11:30		
11:00		A.F. Aquatics 11:00-12:00		Deep Water Running	A.F. Aquatics 11:00-12:00		A.F. Aquatics 11:00-12:00	
11:30						Deep Water Running		
12:00			AquaAerobics 12-1:00	<b>OPEN SWIM</b> 12:00-5:00	AquaAerobics 12-1:00	<b>OPEN SWIM</b> 12:00-5:00 (Camps 12:00-4)	AquaAerobics 12-1:00	<b>OPEN SWIM</b> 12:20-3:30
12:30								
1:00		<b>OPEN SWIM</b> 1-4:30 (Camps 2-4)		(Camps 2-4)	<b>OPEN SWIM</b> 1-5:30 (Camps 2-4)		<b>OPEN SWIM</b> 1-7:30	
2:00								
3:00								
3:30								Pool Closes
4:00								
4:30		Occupational Therapy						
5:00			Swim Lessons 5-8:20		Swim Lessons 5-8:20			
5:30	AquaAerobics 5:30-6:30			AquaAerobics 5:30-6:30				
6:00	<b>OPEN SWIM</b> 6:30-8:30			<b>OPEN SWIM</b> 6:30-8:30				
6:30								
7:00								
7:30						Pool Closes		
8:00			<b>OPEN SWIM</b>		<b>OPEN SWIM</b>			
8:30							Pool Closes	

Please Note:

\*\*During Swim Lesson, Occupational Therapy and Evening SilverSplash Classes the Pool the pool is Closed

\*\*Schedule is Subject to Change