

SUMMERVILLE FAMILY YMCA – WELLNESS POOL - January

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6-8:15a		6-8:15a			
6:15-7a	Adult Swim	6:15-7a	Adult Swim	6:15-7a		
Water Aerobics Celestia		Water Aerobics Celestia		Water Aerobics Celestia		
7-8:30a	8:15-9:15a	7-8:30a	8:15-9:15a	7-9:30a		
Adult Swim	Light Intensity Water Aerobics	Adult Swim	Light Intensity Water Aerobics	Adult swim	8:15-9:15a	
8:30-9:30a	Tori	8:30-9:30a	Celestia		Water Aerobics	
Water Aerobics Leslie		Water Aerobics Leslie			Leslie	
9:30- 10:30a	9:30-10:15a	9:30-10:15a	9:30-10:15a			
	Private Group Reservation		MMO	9:30-10:30a	9:30a-12p	
Adult Swim	10:15-11:15a	MMO	10:15-11:15a	Water Aerobics	Open Swim	
	Water Aerobics		Water Aerobics			
10:30-11:30a	Jan	10:30-11:30a	Jan	Jan		
Family Swim	11:15a-12:15p	Family Swim	11:15-12:15p	10:30a-3:00p		
	Water Aerobics		Light Intensity Water Aerobics			12-2p
	Tori		Tori	Adult Swim	Adult Swim	1:00-3:00p
11:45a-3p	12:15-1:15p	11:45a-3p	12:15-1:30p			
Adult Swim	Light Intensity Water Aerobics Tori	Adult Swim	Adult Swim Private Lessons			Adult Swim
	1:30- 3:10p		1:30- 3:10p			
	Adult Swim		Adult Swim			
3-630p	3:15-5p	3-630p	3:15-5p	3:15-430p	2-4:45p	3-4:30p
Open swim	Swim Team	Open swim	Swim Team	Swim Team	Family Swim	Family Swim
	5:00-6:00p		5:00-6:00p			
	Family Swim		Family Swim	4:30- 8:00p		
6:30-7:30p	6:00-7:00p	6:30-7:30p	6:00-7:00p	Family Swim	Pool Closes at 3 PM for scheduled pool parties	
Water Aerobics	Water Aerobics	Water Aerobics				
Jan	Jan	Jan				
Jan	7:00-8:00p	Tracy	7:00-8:00p			
	Adult Swim		Adult Swim			

This schedule will change January 14th

Adult Swim - Lane lines are only available during adult swim; please limit lane time to 30 minutes

**Questions: Stephanie Adams, Assistant to the Program Director
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