



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# WEBSTER GROVES FAMILY YMCA AQUATICS SCHEDULE

SUMMER II SESSION JULY 13<sup>TH</sup> - August 23<sup>RD</sup>

Revised (7/16/2015)

## LAP SWIM (# of lanes)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5-8:50AM (3)	5-8:50AM (3)	5-8:50AM (3)	5-8:50AM (3)	5-8:50AM (3)	7-8:50AM (3)	
11:40-1PM (3)	11:40-12:50PM (3)	11:40-12:50PM (3)	11:40-12:50PM (3)	11:40-1PM (3)	9:50-12:15PM (1)	10-12PM (3)
1-1:45PM (2)		1-3PM (1)		1-1:45PM (1)		12:15-3:30PM (1)
3:15-4:15PM (2)	3:15-8:45PM (1)	3:15-4:15PM (2)	3:15-8:30PM (1)	3:15-4:15PM (2)	12:15-1:45pm (1)	
8:00-8:45PM (1)					7:30-8:30PM (2)	AFTER JULY 30 (1)

## OPEN SWIM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		9:50-11:25AM DEEP END ONLY				
1-1:45AM ADULT SWIM	1-1:45PM DEEP END ONLY	1-3PM ADULT SWIM	1-1:45PM DEEP END ONLY	1-1:45PM ADULT SWIM		12:15-3:30PM
3:15-4:15PM	3:15-4:30PM	3:15-4:15PM	3:15-4:25PM	3:15-4:15PM	12:15-1:45PM	
8-8:30PM DEEP END ONLY			7-8:30PM DEEP END ONLY	7:30-8:30PM	AFTER JULY 30 <sup>th</sup> AVAILABLE 2-4pm	

## WATER FITNESS

MONDAY	TUESDAY		WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9-9:45AM AQUACISE	9:00-9:45AM		9-9:45AM AQUACISE	9-9:45AM AQUA POWER	9-9:45AM AQUACISE	9-9:45AM DEEP WATER
	AQUACISE	DEEP WATER				
9:15-10AM DEEP WATER	9:30-10:15AM AQUA YOGALATES		9:15-10AM DEEP WATER	10-11:25AM SYNCHRO	9:15-10AM DEEP WATER	
10:40-11:25PM ARTHRITIS			10:40-11:25AM ARTHRITIS		10:40-11:25AM ARTHRITIS	
	1-1:45PM ARTHRITIS			1-1:45PM ARTHRITIS		
8:00-8:45PM ARTHRITIS				7:40-8:25PM ARTHRITIS		

\*Schedule is subject to change. Lifeguards reserve the right to make adjustments as needed to maintain safety

MEMBER NAME:

FACILITY ACCESS NUMBER (on your membership card):