



St. Catharines Walker Family YMCA

Pool Schedule

June 30 - August 29, 2008

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday						
6:00	Lane Swim 6:00 - 9:00	Lane Swim 6:00 - 9:00	Lane Swim 6:00 - 9:00	Lane Swim 6:00 - 9:00	Lane Swim 6:00 - 9:00								
6:15													
6:30													
6:45													
7:00													
7:15													
7:30													
7:45													
8:00								Lane Swim 7:30 - 8:55	Lane Swim 7:30 - 9:00				
8:15													
8:30													
8:45													
9:00	Deep & Shallow Aquafit 9:10 - 9:55	Deep & Shallow Aquafit 9:10 - 9:55	Deep & Shallow Aquafit 9:10 - 9:55	Deep & Shallow Aquafit 9:10 - 9:55	Deep & Shallow Aquafit 9:10 - 9:55	Swimming Lessons 9:00 - 10:30	Aquafit 9:10 - 9:55	Two Lane 9:10 - 9:55					
9:15													
9:30													
9:45													
10:00													
10:15	Family Swim 10:00 - 11:10	Two Lane 10:00-12:00	Swim Lessons 10:00 - 11:30	Two Lane 10:00-12:00	Family Swim 10:00 - 11:10	Two Lane 10:00-12:00	Swim Lessons 10:00 - 11:30	Two Lane 10:00-12:00	Family Swim 10:00 - 11:10	Two Lane 10:00-12:00	Open Swim 10:30 - 11:00	Two Lane 10:30 - 11:00	Swimming Lessons 10:00 - 12:00
10:30													
10:45													
11:00													
11:15	Aquafit in Moderation 11:15 - 12:00	Family Swim 11:30 - 12:00	Aquafit in Moderation 11:15 - 12:00	Family Swim 11:30 - 12:00	Aquafit in Moderation 11:15 - 12:00	Family Swim 11:30 - 12:00	Aquafit in Moderation 11:15 - 12:00	Family Swim 11:30 - 12:00	Aquafit in Moderation 11:15 - 12:00	Family Swim 11:30 - 12:00	Aquafit in Moderation 11:15 - 12:00	Family Swim 11:30 - 12:00	Swimming Lessons 11:00 - 12:00
11:30													
11:45													
12:00	Lane Swim 12:00 - 12:55	Lane Swim 12:00 - 12:55	Lane Swim 12:00 - 12:55	Lane Swim 12:00 - 12:55	Lane Swim 12:00 - 12:55	Lane Swim 12:00 - 12:55	Lane Swim 12:00 - 12:55	Lane Swim 12:00 - 12:55	Lane Swim 12:00 - 12:55	Lane Swim 12:00 - 12:55	Lane Swim 12:00 - 12:55	Lane Swim 12:00 - 12:55	Lane Swim 12:00 - 12:55
12:15													
12:30													
12:45													
1:00	Open & Camp Swim 1:00 - 2:10	Open & Camp Swim 1:00 - 2:10	Open & Camp Swim 1:00 - 2:10	Open & Camp Swim 1:00 - 2:10	Open & Camp Swim 1:00 - 2:10	Open & Camp Swim 1:00 - 2:10	Open & Camp Swim 1:00 - 2:10	Open & Camp Swim 1:00 - 2:10	Open & Camp Swim 1:00 - 2:10	Open & Camp Swim 1:00 - 2:10	Open & Camp Swim 1:00 - 2:10	Open & Camp Swim 1:00 - 2:10	Open & Camp Swim 1:00 - 2:10
1:15													
1:30													
1:45													
2:00													
2:15	Aquafit in Moderation 2:15 - 3:00	One Lane 2:15 - 3:00	Aquafit in Moderation 2:15 - 3:00	One Lane 2:15 - 3:00	Aquafit in Moderation 2:15 - 3:00	One Lane 2:15 - 3:00	Aquafit in Moderation 2:15 - 3:00	One Lane 2:15 - 3:00	Aquafit in Moderation 2:15 - 3:00	One Lane 2:15 - 3:00	Aquafit in Moderation 2:15 - 3:00	One Lane 2:15 - 3:00	Open Swim 2:30 - 4:00
2:30													
2:45													
3:00	Camp Swim 3:00 - 4:00	3 Lane 3:00 - 4:00	Camp Swim 3:00 - 4:00	3 Lane 3:00 - 4:00	Camp Swim 3:00 - 4:00	3 Lane 3:00 - 4:00	Camp Swim 3:00 - 4:00	3 Lane 3:00 - 4:00	Camp Swim 3:00 - 4:00	3 Lane 3:00 - 4:00	Camp Swim 3:00 - 4:00	3 Lane 3:00 - 4:00	Open Swim 2:30 - 4:00
3:15													
3:30													
3:45													
4:00	Lane Swim 4:00 - 4:30	Lane Swim 4:00 - 4:30	Lane Swim 4:00 - 4:30	Lane Swim 4:00 - 4:30	Lane Swim 4:00 - 4:30	Lane Swim 4:00 - 4:30	Lane Swim 4:00 - 4:30	Lane Swim 4:00 - 4:30	Lane Swim 4:00 - 4:30	Lane Swim 4:00 - 4:30	Lane Swim 4:00 - 4:30	Lane Swim 4:00 - 4:30	Lane Swim 4:00 - 5:00
4:15													
4:30													
4:45	Swim Lessons 4:30 - 5:00	3 Lane 4:30 - 4:55	Swim Lessons 4:30 - 5:00	3 Lane 4:30 - 4:55	Swim Lessons 4:30 - 5:00	3 Lane 4:30 - 4:55	Swim Lessons 4:30 - 5:00	3 Lane 4:30 - 4:55	Swim Lessons 4:30 - 5:00	3 Lane 4:30 - 4:55	Swim Lessons 4:30 - 5:00	3 Lane 4:30 - 4:55	Lane Swim 4:00 - 5:00
5:00													
5:15	Swimming Lessons 5:00 - 7:00	Swimming Lessons 5:00 - 7:00	Swimming Lessons 5:00 - 7:00	Swimming Lessons 5:00 - 7:00	Swimming Lessons 5:00 - 7:00	Swimming Lessons 5:00 - 7:00	Swimming Lessons 5:00 - 7:00	Swimming Lessons 5:00 - 7:00	Swimming Lessons 5:00 - 7:00	Swimming Lessons 5:00 - 7:00	Swimming Lessons 5:00 - 7:00	Swimming Lessons 5:00 - 7:00	Open Swim 5:00 - 6:00
5:30													
5:45													
6:00													One Lane 5:00 - 7:00
6:15													
6:30													
6:45													
7:00	Open Swim 7:00 - 7:25	Open Swim 7:00 - 7:25	Open Swim 7:00 - 7:25	Open Swim 7:00 - 7:25	Open Swim 7:00 - 7:25	Open Swim 7:00 - 7:25	Open Swim 7:00 - 7:25	Open Swim 7:00 - 7:25	Open Swim 7:00 - 7:25	Open Swim 7:00 - 7:25	Open Swim 7:00 - 7:25	Open Swim 7:00 - 7:25	Open Swim 7:00 - 7:25
7:15													
7:30													
7:45	Aquafit 7:30 - 8:15	Two Lane 7:30-8:15	Swim Lessons 7:30 - 8:00	Aquafit 7:30 - 8:15	Two Lane 7:30-8:15	Swim Lessons 7:30 - 8:00	Aquafit 7:30 - 8:15	Two Lane 7:30-8:15	Swim Lessons 7:30 - 8:00	Aquafit 7:30 - 8:15	Two Lane 7:30-8:15	Swim Lessons 7:30 - 8:00	Family Swim 7:00 - 8:00
7:55													
8:00													
8:15	Lane Swim 8:15 - 10:30	Two Lane 8:05-8:50	Aquafit 8:05 - 8:50	Two Lane 8:05-8:50	Swim Lessons 8:15 - 8:45	Aquafit 7:30 - 8:15	Two Lane 7:30-8:15	Swim Lessons 7:30 - 8:00	Enrichment 8:00 - 10:30	3 Lane 8:00-10:30	Open Swim 8:00 - 9:00	Open Swim 8:00 - 9:00	Open Swim 8:00 - 9:00
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10:00													
10:15													
10:30													

 Indicates Lane Swim
 Indicates Lane Take Down / Set-up

Holiday Pool Schedule July 1 and August 4

7:30 - 10:00am	Lane Swim
10:00am - 12:00pm	Family Swim (with 2 Lane)
12:00 - 12:55pm	Lane Swim
1:00 - 3:00pm	Open Swim
3:00 - 4:00pm	Family Swim
4:00 - 5:00pm	Lane Swim

Lane Swim 13 years and older.
Family Swim: All swimmers under age 16 must be accompanied by a parent/guardian 16+ years. Under 6 years, maximum 2 children/guardian. Non-swimmers 6-9 years, maximum 4 children/guardian.
Open Swim: Children under 6 years must be accompanied by a parent/guardian 13+ years – maximum 2 children per guardian. Children 6-9 years who are non-swimmers should be accompanied by a parent/guardian at least 13 years – maximum 4 children per guardian.
 *Children not fully toilet trained must wear specialty swim diapers or rubber pants.