

East Pool

Findlay Family YMCA
 300 E Lincoln Street
 Findlay, OH 45840
 419-422-4424
 www.findlayymca.org

Schedule

September 5th-October 21st, 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1:15-4:15 pm Open Swim			7:30-9 am Adult Open			8:15-9 am Adult Open
	9-10 am Rise & Shine	9:15-10 am Aqua Zumba	9-10 am Rise & Shine	9:15-10 am Aqua Zumba	9-10 am Rise & Shine	9-11 am Lessons
	10 am-1:30 pm Open	10-11:15 am Lessons	10-11:15 am CDC/Lessons	10-11 am CDC/Schools	10-10:45 am CDC / Angeline	11 am-7 pm Open
	11:30 am-12:15 pm Low Impact	10-10:45 am CDC	11 am-12:30 pm Open Swim	10:45-11:30 am Lessons	11:30am-12:15 pm Low Impact	
	3-4 pm CDC	11 am-12:30 pm Open Swim	11:30 am-12:15 pm Low Impact	11 am-1:30 pm Open Swim	11am-1:30 pm Open Swim	
	4:30-6 pm Lessons	12:30-1:30 pm Schools	12:30-1:30 pm Schools	3-4 pm CDC	4:30-8 pm Open Swim	
	6-6:45 pm Cardio Aquacize	3-4 pm CDC	3-4 pm CDC	4:45-6:15 pm Lessons		
	6:45-8 pm Open Swim	4:45-6 pm Lessons	4:30-6 pm Lessons	6:15-7 pm Aqua Zumba		
	8-9 pm Adult Open	6:15-7 pm Aqua Zumba	6-8 pm Open Swim	7-9 pm Open		
		7-9 Open	8-9 pm Adult Open			

WHIRLPOOL SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1:15-4:15 PM	7:30 AM-12:15 PM 3 PM-9 PM	7:30 AM-1:30 PM 3-9 PM	7:30 AM-1:30 PM 3 PM-9 PM	7:30 AM-1:30 PM 3-9 PM	7:30 AM-1:30 PM 4:30 PM-8 PM	8:15 AM-7 PM



FOR YOUTH DEVELOPMENT
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

Pool Guidelines for Open Swims

- Family Open: Children 7 and under must have a parent in the water. Child must take swim test to swim in the deep end.
- Family Open: Children 8-10 years old must have a parent in the pool area. Child must take swim test to swim in the deep end.
- Youth Open: Ages 11-18. Children 11-13 years must take a swim test to swim in the deep end.

Swim Tests:

- Swim tests are conducted during Open Swims by appointment with the Aquatic Coordinators or Aquatic Director
- Children who pass a swim test will be given a green band. You must bring to every Family/ Youth Open Swim. If you forget your green band you may purchase one from the front desk for \$1.

West Pool

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Schedule

September 5th-October 21st, 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1:15-4:15 pm Lap Swim	5:30-9:45 am Lap Swim	5:30-1 pm Lap Swim	5:30-9:45 am Lap Swim	5:30-1 pm Lap Swim	5:30-9:45 am Lap Swim	8:15 am-2 pm Lap Swim
	9:45-11 am Water Volleyball	4-5:30 pm FAST	9:45-11 am Water Volleyball	4-5:30 pm FAST	9:45-11 am Water Volleyball	
	11 am-1 pm Lap Swim	5:30-9 pm Lap Swim	11 am-1 pm Lap Swim	5:30-9 pm Lap Swim	11 am-1 pm Lap Swim	
	4-5:30 pm FAST		4-5:30 pm FAST	7-8 pm Special Olympics 3 lanes	4-5:30 pm FAST	
	5:30-9 pm Lap Swim		6-6:45 pm - Lessons in 3 lanes		5:30-8 pm Lap Swim	
			5:30-9 pm Lap Swim			



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