

# REC POOL FALL SESSION SCHEDULE: BEGINNING 1/3/2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM - 11:00 AM WATER EXERCISE	5:00 AM - 10:00 AM WATER EXERCISE	5:00 AM - 10:00 AM WATER EXERCISE	5:00 AM - 11:00 AM WATER EXERCISE	5:00 AM - 10:00 AM WATER EXERCISE	7:00 AM - 9:00 AM WATER EXERCISE	7:00 AM - 11:00 AM WATER EXERCISE
11:00 AM - 7:30 PM WATER EXERCISE	10:00 AM – 11:30 AM SWIM LESSONS	10:00 AM – 11:30 AM SWIM LESSONS	11:00 AM - 5:00 PM WATER EXERCISE	10:00 AM - 11:00 AM CHILD CARE SWIM	9:00 AM – 1:30 PM SWIM LESSONS	11:00 PM - 4:45 PM FAMILY SWIM (NO SLIDE)
7:30 PM - 8:45 PM WATER FITNESS CLASS	11:30AM - 4:00 PM WATER EXERCISE	3:00 PM - 5:00 PM WATER EXERCISE	5:00 PM - 7:30 PM FAMILY SWIM (SLIDE)	11:00 AM - 1:00 PM FAMILY SWIM (NO SLIDE)	1:30 PM - 4:45 PM FAMILY SWIM (SLIDE)	
	4:00 PM - 5:00 PM CHILD CARE SWIM	5:00 PM - 8:00 PM FAMILY SWIM (SLIDE)	7:30 PM - 8:45 PM WATER FITNESS CLASS	3:00 PM - 5:00 PM WATER EXERCISE		
	5:00 PM - 8:00 PM FAMILY SWIM (SLIDE)			5:00 PM - 8:00 PM FAMILY SWIM (SLIDE)		
				<p><b>IMPORTANT NOTE:</b> Schedule may change for instances out of our control such as lightning, water contamination, etc.</p> <p>If you should have any questions please contact the Aquatic Office at (215) 536-8841 ext 126 or email us at <a href="mailto:bmusselman@ymcabucks.org">bmusselman@ymcabucks.org</a></p> <p>NA= Not Available WW= Water walking/Water Exercise L= Lanes available for continuous 25 yd. lap swimming</p>		