



We build strong kids, strong families, strong communities.

Jackson YMCA
LARGE Pool Schedule
March 1-6, 2010

(Schedule Subject to Change)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM							
7:00 AM	6:00-9:30 Lap Swim	6:00-9:30 Lap Swim	6:00-9:30 Lap Swim	6:00-9:30 Lap Swim		7:00-9:30 Lap Swim	
8:00 AM					6:00-10:30 Lap Swim		
9:00 AM	9:30-10:30 St. Mary's Swim	9:30-10:30 4L Water Aerobics 2L Swim Lessons	9:30-10:30 St. Mary's Swim	9:30-10:30 4L Water Aerobics 2L Swim Lessons		9:30-10:30 3L Water Aerobics 3L Lap Swim	
10:00 AM							
11:00 AM	10:30-11:30 Water Aerobics	10:30-11:30 Water Aerobics	10:30-11:30 Water Aerobics	10:30-11:30 Water Aerobics	10:30-11:30 Water Aerobics		
12:00 PM	11:30-1:30 Lap Swim	11:30-12:30 Lap Swim 12:30-1:30 2L Masters Swim 4L Lap Swim	11:30-1:30 Lap Swim	11:30-12:30 Lap Swim 12:30-1:30 2L Masters Swim 4L Lap Swim	11:30-1:30 Lap Swim	<u>First Half of Pool</u> 10:40-1:10 Swim Lessons 1:10-2:00- Open Swim	12:30-1:30 Lap Swim
1:00 PM							
2:00 PM	1:30-2:30 Water Aerobics	1:30-2:30 Fit Moms	1:30-2:30 Water Aerobics	1:30-2:30 Fit Moms	1:30-2:30 Water Aerobics	<u>Second Half of Pool</u> 10:40-12:30 3L Lap Swim 12:30-2:00 2L Swim with Jeff Beagle	
3:00 PM	2:30-4:30 4 Lanes Lap Swim 2 Open Swim	2:30-4:30 4 Lanes Lap Swim 2 Open Swim	2:30-4:30 4 Lanes Lap Swim 2 Open Swim	2:30-4:30 4 Lanes Lap Swim 2 Open Swim	2:30-4:30 4 Lanes Lap Swim 2 Open Swim		1:30-5:30 3L Lap Swim 3L Open Swim
4:00 PM	<u>First Half of Pool</u> 4:30-5:30 Afterschool Swim 5:30-6:30 Water Aerobics 6:30-7:30 3 Lap Lanes	<u>First Half of Pool</u> 4:30-5:00 3L Lap Swim 5:00-7:00 3L Swim Team 7:00-9:30 1L Lap Swim 2L Open Swim	<u>First Half of Pool</u> 4:30-5:30 Afterschool Swim 5:30-6:30 Water Aerobics 6:30-7:30 3 Lap Lanes	<u>First Half of Pool</u> 4:30-5:00 3L Lap Swim 5:00-7:00 3L Swim Team 7:00-9:30 1L Lap Swim 2L Open Swim	4:30-5:30 3L Afterschool Swim 3L Swim Team 5:30-6:30 3L Swim Team 3L Lap Swim/Water Walking	2:00-6:30 3L Lap Swim 3L Open Swim	
5:00 PM	<u>Second Half of Pool</u> 4:30-6:00 Swim Team 5:45-7:25 Swim Lessons	<u>Second Half of Pool</u> 4:30-5:30 3L Afterschool Swim 5:45-7:25 3L Swim Lessons 7:30-8:00 2L Triathlon Class 8:00-9:30 3L Lap Swim	<u>Second Half of Pool</u> 4:30-6:00 Swim Team 5:45-7:25 Swim Lessons 7:30-8:30 2L Masters Swim 2L Lap Swim 2L Open Swim	<u>Second Half of Pool</u> 4:30-5:30 3L Afterschool Swim 5:45-7:25 3L Swim Lessons 7:30-8:00 2L Triathlon Class 8:00-9:30 3L Lap Swim	6:30-8:30 3L Lap Swim 3L Open Swim *5:45-7:25* Swim Lesson Make- Up - if needed		
6:00 PM							
7:00 PM							
8:00 PM	7:30-8:30 2L Masters Swim 2L Lap Swim 2L Open Swim						
9:00 PM	8:30-9:30 4L Lap Swim 2L Open Swim						

Jackson YMCA
 127 W. Wesley St
 Jackson, MI 49201

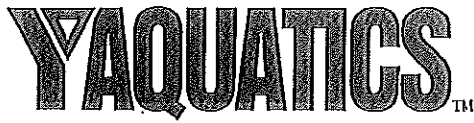
P: 517-782-0537
 F: 517-782-4045

The pool will close when:
 • There is thunder or lightning
 • One half-hour before the building closes.

- * Children under the age of 8 years old must be accompanied by an adult.
- * Lap lanes reserved for lap swimmers and water walkers.
- * YMCA programs have priority during school breaks.
- * Everyone under 18 must take a swim test before entering deep water.
- * "L" stands for Lane. ex: 2L means Two

Register online at
jacksonymca.org

We will try our best to make a lap lane available most times of the day; however, due to types of classes and participant size, lap lanes are NOT guaranteed during non-lap times. Please plan your workout around the scheduled lap times.



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Jackson YMCA
SMALL Pool Schedule
March 1-6 2010

(Schedule Subject to Change)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM							
7:00 AM	6:00-9:30 Open Swim	6:00-9:30 Open Swim	6:00-9:30 Open Swim	6:00-9:30 Open Swim			
8:00 AM						7:00-10:00 Open Swim	
9:00 AM	9:30-10:00 Swim Lessons	9:30-10:00 Swim Lessons	9:30-10:00 Swim Lessons	9:30-10:00 Swim Lessons			
10:00 AM					6:00-4:15 Open Swim	10:00-10:30 Swim Lessons	
11:00 AM					*9:30-10:00* Swim Lesson Make Up - if needed		
12:00 PM							
1:00 PM	10:00-4:15 Open Swim	10:00-4:15 Open Swim	10:00-4:15 Open Swim	10:00-4:15 Open Swim			
2:00 PM							
3:00 PM							
4:00 PM							
	4:30-5:30 Afterschool Swim	4:30-5:30 Afterschool Swim	4:30-5:30 Afterschool Swim	4:30-5:30 Afterschool Swim	4:30-5:30 Afterschool Swim		
5:00 PM	5:30-6:00 Open Swim	5:30-6:00 Open Swim	5:30-6:00 Open Swim	5:30-6:00 Open Swim			
6:00 PM	6:00-6:30 Swim Lessons	6:00-6:30 Swim Lessons	6:00-6:30 Swim Lessons	6:00-6:30 Swim Lessons	5:30-8:30 Open Swim		
7:00 PM					*9:30-10:00* Swim Lesson Make Up - if needed		
8:00 PM	6:30-9:30 Open Swim	6:30-9:30 Open Swim	6:30-9:30 Open Swim	6:30-9:30 Open Swim			
9:00 PM							
						10:30-6:30 Open Swim	12:30-5:30 Open Swim

WATER FITNESS CLASS DESCRIPTIONS

LOW IMPACT SHALLOW WATER AEROBICS- M/W/F-1:30 p.m.

Class emphasizes strength training, balance, and toning exercises. Class meets in the shallow end of the pool.

SHALLOW WATER AEROBICS- T/TH-9:30 a.m., M/W-5:30 p.m.

All levels, includes aerobic conditioning, toning exercises, and stretching. Class meets in the shallow end of the pool.

DEEP WATER AEROBICS- M/W/F-10:30 a.m.

Emphasizes balance and technique while enhancing strength and cardio endurance. Participants wear a swim belt or pool noodle. Class meets in the deep end of the pool.

DEEP/SHALLOW CROSS TRAINING- T/TH-10:30 a.m., S-9:30 a.m.

Aerobics, lap swimming, resistance training, abdominal work, and stretching. Participants wear a swim belt. Participants use both the deep and shallow ends of the pool.

FIT MOMS- T/TH-1:30 p.m.

Water aerobics for expecting moms, hosted by Passages of Allegiance Health. For more information and payment options call (517)768-4377.