



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

BLOSSMAN FAMILY YMCA

INDOOR POOL SCHEDULE – MARCH 2017

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5-8 am	Lap Swimming & Adult Swim L(8)					OPENS @ 7:00 AM L(8)	
8-9 am	Aqua Blasters with Lara L(5)	Aqua Fit with Kelly L(6)	Aqua Blasters with Lara L(5)	Aqua Fit with Kelly L(6)	Aqua Blasters with Lara L(5)		
9-10 am		Water Zumba with Mel L(5)		Water Zumba with Mel ----- Air Force Training (9:00am, Bi-Weekly) L(3)	(9:00-11:00am) Special Education Class L(6)	Aqua Jogging with Lisa L(3)	
10:00- 11:30am	(10:00am) Navy Training ----- (10:30am) Hydro Power with Marie L(3)	Open Swim & Lap Swimming L(6), O(2)				Group Swim Lessons L(4), O(2)	
11:30- 12:30 pm	Aqua Arthritis with Lara L(3)		(10:30am) Hydro Power with Marie L(4), O(1)		(10:30am) Hydro Power with Marie L(3), O(2)	OPEN SWIM BEGINS AT 10:00AM (MON- SAT) L(6), O(2)	OPENS @ 1:00 PM
12:30- 4:00pm		Open Swim & Lap Swimming L(6), O(2)			Aqua Arthritis with Lara L(4), O(1)		L(6), O(2)
					YMCA Camp (4:00- 5:00m) L(5), O(1)		
4:30- 5:30pm	Youth Swim Club L(3), O(2)		Youth Swim Club L(3), O(2)		Youth Swim Club L(3)		
5:30 – 7:00 pm	YMCA Youth Swim Team Practice CHECK BELOW FOR DATES FOR GROUP SWIM LESSONS L(2)				L(6), O(2)	CLOSES @ 7:00 PM	CLOSES @ 5:00 PM
7:00- 10:00 pm	Open Swim & Lap Swimming L(6), O(2)				CLOSES @ 9:00 PM	Pool Parties 5:00- 7:00pm	

KEY: (#) = Lanes available; L=Lap swim; O= Open swim

February 27 - March 9th & March 13 - March 24 (Group Swim Lessons, indoor pool, 4pm, 5pm, 6pm)

March 4, 11, 18, 25 (Group Swim Lessons, indoor pool, 10am, 11am)

(Mon, Wed, Fri) January 18– March 10 & March 27–May 5

Pool Rules

- Obey Lifeguards at all times
- NO** Diving allowed
- NO** Running on deck
- Unsupervised Breath Holding is **prohibited**

Using the Spa/ Steam Room

- Patrons must be at least **16** years old
- Please rinse your body off before usage
- No personal grooming is allowed**

For your health, please limit the use of spa/steam room to 15 minutes or less. Consult your physician before using if: You are pregnant; have high blood pressure; a history of heart problem; any other medical

About Circle Swimming

Circle swimming is used for multiple swimmers. If used properly, a single lane can accommodate up to 4 swimmers easily.

Please make your turns quickly. If you need to stop, stay close to the lane line... this provides less interruption to other swimmers.

