



**Atrium Family YMCA  
Lap Pool Schedule  
January 1 - February 18  
Winter I 2012**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
5:00AM	OPEN SWIM 5:00 - 3:15p	OPEN SWIM 5:00 - 3:15p	OPEN SWIM 5:00 - 3:15p	OPEN SWIM 5:00 - 3:15p	OPEN SWIM 5:00a - 8:30p	OPEN SWIM 7:00a - 10:00a			
7:00AM									
8:00AM									
8:30AM									
9:00 AM									
9:30 AM									
10:00 AM									
10:30 AM									
11:00 AM									
11:30 AM									
12:00 PM									
12:30 PM									
1:00PM									
2:00PM									
3:00PM	Franklin Swim Team	Franklin Swim Team	Franklin Swim Team	Franklin Swim Team		OPEN SWIM 12:30 - 6:30p	OPEN SWIM 1:00 - 4:30p		
4:30 PM	3:15 - 4:45p (3 lanes)	3:15 - 4:45p (3 lanes)	3:15 - 4:45p (3 lanes)	3:15 - 4:45p (3 lanes)				Swim Lessons 10:00a - 12:30p (1-2 lanes if needed)	
5:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM						
5:30 PM	4:45 - 6:00p	4:45 - 6:00p	4:45 - 6:00p	Swim Lessons					
6:00 PM	Jr. Swim 6:00 - 7:00p (1-2)	Swim Lessons	Jr. Swim 6:00 - 7:00p (1-2)	5:15 - 7:30p					
6:30 PM	Swim Lessons 6:45- 7:30p	6:00 - 7:30p	Lessons 6:45 - 7:30p (1 )	(1 lane)					
7:00 PM	(2 lanes if needed)	(1 lane)	Adult Classes						
7:30 PM	OPEN SWIM	OPEN SWIM	6:00 - 8:00 (1 - 2 lanes)	OPEN SWIM					
8:00PM	7:30 - 9:30p	7:30 - 9:30p	OPEN SWIM	7:30 - 9:30p					
9:30PM			8:00 - 9:30p						

**The only time space is limited in the lap pool is during Swim Lessons and Swim Team. See flyers for changes in schedule.**

**PLEASE SEE A LIFEGUARD IF YOU HAVE ANY OTHER QUESTIONS.**



**Atrium Family YMCA  
Warm Water Pool Schedule  
January 1 - February 18  
Winter I 2012**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
5:00AM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM				
5:30AM	5:00 - 8:00a	5:00 - 9:30a	5:00 - 8:00a	5:00 - 9:30a	5:00 - 8:00a				
8:00AM	Atrium Rehab 8:00 - 12:00p		Atrium Rehab 8:00 - 12:00p		Atrium Rehab			OPEN SWIM	
8:30AM					7:00 - 9:00a				
9:00 AM					Cardio Splash-rotate				
9:30 AM					9:00 - 10:00a				
10:00 AM					Swim Lessons			Swim Lessons	
10:30 AM					10:00 - 12:30p				
11:00 AM	OPEN SWIM 12:00 - 5:15p	Atrium Rehab 12:00 - 5:15p	OPEN SWIM 12:00 - 5:15p	Atrium Rehab 12:00 - 5:15p	11:30a - 12:30p			OPEN SWIM 12:30 - 8:30p	OPEN SWIM 12:30 - 6:30p
11:30 AM									
12:00 PM						1:00PM	OPEN SWIM		
12:30 PM						1:00 - 4:30p			
1:00PM	Swim Lessons 5:15 - 6:45p	Swim Lessons 5:15 - 7:00p	Swim Lessons 5:15 - 6:45p	Swim Lessons 5:15 - 6:00p	12:30 - 8:30p				
4:00PM								Cardio Splash-Jane	
4:30 PM								6:00 - 7:00p	
5:00 PM								Water Boot Camp-Shannon	Cardio Splash-Miranda
5:30 PM	Cardio Splash-Karen 7:00 - 8:00p	Water Boot Camp-Shannon 7:00 - 8:00p	Cardio Splash-Miranda 7:00 - 8:00p	Water Boot Camp-Shannon 7:00 - 8:00p					
6:00 PM									
6:30 PM	OPEN SWIM 8:00 - 9:30p	OPEN SWIM 8:00 - 9:30p	OPEN SWIM 8:00 - 9:30p	OPEN SWIM 8:00 - 9:30p					
7:00 PM									
7:30 PM									
8:00PM									
8:30PM									

**\*\* PLEASE NOTE: The Warm Water Pool will be CLOSED to members during ALL Swim Lessons and Water Fitness classes. ADULTS ONLY allowed in designated space during allotted times for Atrium Rehab.**