



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ATRIUM FAMILY YMCA

WARM WATER POOL SCHEDULE |

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>5:00a</p> <p>OPEN SWIM 5-8a</p> <p>THERAPY 8a-12p 1 SPOT OPEN</p>	<p>5:00a</p> <p>OPEN SWIM 5-9a</p> <p>9:00a MUSCLE & JOINT</p> <p>10:00a AQUA ZUMBA</p> <p>11:00a MUSCLE & JOINT</p>	<p>5:00a</p> <p>OPEN SWIM 5-8a</p> <p>THERAPY 8a-12p 1 SPOT OPEN</p> <p>Swim Lessons 10-11a</p>	<p>5:00a</p> <p>OPEN SWIM 5-9a</p> <p>9:00a MUSCLE & JOINT</p> <p>10:00a AQUA ZUMBA</p> <p>11:00a MUSCLE & JOINT</p>	<p>5:00a</p> <p>OPEN SWIM 5-8a</p> <p>THERAPY 8a-12p 1 SPOT OPEN</p>	<p>7:00a</p> <p>OPEN SWIM</p>
<p>12:00p</p> <p>POOL CLOSED</p>	<p>THERAPY 12-4 PM 1 SPOT OPEN</p>	<p>12:00p</p> <p>POOL CLOSED</p>	<p>THERAPY 12-4 PM 1 SPOT OPEN</p>	<p>12:00p</p> <p>POOL CLOSED</p>	<p>SUNDAY</p>
<p>3:00p</p> <p>OPEN SWIM 3-6p</p>	<p>OPEN SWIM 4-6p</p>	<p>3:00p</p> <p>OPEN SWIM 3-6p</p>	<p>OPEN SWIM 4-8p</p>	<p>3:00p</p> <p>OPEN SWIM 3-5:45p</p>	<p>11a-2p</p> <p>OPEN SWIM</p>
<p>6:00p</p> <p>CARDIO SPLASH</p>	<p>6:00p</p> <p>AQUA ZUMBA</p>	<p>6:00p</p> <p>CARDIO SPLASH</p>		<p>5:45p</p> <p>AQUA ZUMBA</p>	