

Cordova Family YMCA Fall 2018-2019 Pool Schedule

	Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
5:00 AM														
6:00 AM														
7:00 AM			Rec Swim 5:00am - 9:00am	Lap Swim 5:00am- 11:00am	Rec Swim 5:00am - 9:00am	Lap Swim 5:00am- 11:00am	Rec Swim 5:00am - 9:00am	Lap Swim 5:00am- 11:00am	Rec Swim 5:00am - 9:00am	Lap Swim 5:00am- 11:00am	Rec Swim 5:00am - 9:00am	Lap Swim 5:00am- 11:00am	Rec Swim 7:00am - 9:00am	Lap Swim 7:00am - 9:00am
8:00 AM														
9:00 AM														
10:00 AM			Shallow Water Aerobics 9:00am-10:00am		Shallow Water Aerobics 9:00am-10:00am		Shallow Water Aerobics 9:00am-10:00am		Shallow Water Aerobics 9:00am-10:00am		Shallow Water Aerobics 9:00am-10:00am		Shallow Water Aerobics 9:00am-10:00am	
11:00 AM			Rec Swim 10am-11:00am		Rec Swim 10am-11:00am		Rec Swim 10am-11:00am		Rec Swim 10am-11:00am		Rec Swim 10am-11:00am		Rec Swim 10am-11:00am	Swim Lessons 9:00am-12:00pm
12:00 PM			Safety Break 11:00am-11:15am		Safety Break 11:00am-11:15am		Safety Break 11:00am-11:15am		Safety Break 11:00am-11:15am		Safety Break 11:00am-11:15am			
1:00 PM	Rec Swim 12:00pm - 4:45pm	Lap Swim 12:00pm-4:45pm	Rec Swim 11:15am-2:00pm	Lap Swim 11:15am-2:00pm	Rec Swim 11:15am-2:00pm	Lap Swim 11:15am-2:00pm	Rec Swim 11:15am-2:00pm	Lap Swim 11:15am-2:00pm	Rec Swim 11:15am-2:00pm	Lap Swim 11:15am-2:00pm	Rec Swim 11:15am-2:00pm	Lap Swim 11:15am-2:00pm	Rec Swim 10:00am-5:45pm	
2:00 PM			Safety Break 2:00pm-2:15pm		Safety Break 2:00pm-2:15pm		Safety Break 2:00pm-2:15pm		Safety Break 2:00pm-2:15pm		Safety Break 2:00pm-2:15pm			Lap Swim 12:00pm-5:45pm
3:00 PM														
4:00 PM						Lap Swim 2:15pm-3:30pm				Lap Swim 2:15pm-3:30pm				
5:00 PM			Rec Swim 2:15pm- 6:45pm	Lap Swim 2:15pm-6:30pm	Rec Swim 2:15pm- 6:45pm	SBA Swim Team 3:30pm-5:00pm		Rec Swim 2:15pm- 8:00pm	Lap Swim 2:15pm-6:30pm	Rec Swim 2:15pm- 6:45pm	SBA Swim Team 3:30pm-5:00pm		Rec Swim 2:15pm- 8:00pm	Lap Swim 2:15pm-8:00pm
6:00 PM														
7:00 PM				St. Francis Swim Team 6:30pm-7:30pm		Swim Lessons 5:00pm-7:30pm		St. Francis Swim Team 6:30pm-7:30pm		Water Aerobics 6:45pm- 7:45pm	Swim Lessons 5:00pm-7:30pm			
8:00 PM			Water Aerobics 6:45pm- 7:45pm	Lap Swim 7:30pm-8:00pm	Water Aerobics 6:45pm- 7:45pm	Lap Swim 7:30pm-8:00pm		Lap Swim 7:30pm-8:00pm		Water Aerobics 6:45pm- 7:45pm	Lap Swim 7:30pm-8:00pm			
9:00 PM														
10:00 PM														

** Children 10 years and under must have an adult with them in the pool. Children 11- 12 must have a parent on deck and pass a swim test.
Children 13 and older must pass a swim test to be in the pool area alone.