

Dorchester County Family YMCA

Pool Schedule— November 17—December 31, 2008

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	SUNDAY			
5:30— 8:00	Adult Lap	6 Lap Lanes	Adult Lap	6 Lap Lanes	Adult Lap	6 Lap Lanes	Adult Lap	6 Lap Lanes	Adult Lap Swim	6 Lap Lanes		<p>Lap swimmers alert: Swim team season is here, so please be aware of the changes to our schedule and the limited space</p> <p>CSD home meet Schedule (3-5pm) Dec. 2: Gunston Dec. 8: Havre de Grace (4-7 pm) Jan. 15: Easton Jan. 20: Kent Is. Jan. 27: Stephen Decatur Feb. 3: Kent Co. Spectators welcome</p>			
8:00— 9:00	Water Aerobics	3 Lap Lanes	Independent Water Walking	3 Lap Lanes	Water Aerobics	3 Lap Lanes	Independent Water Walking	3 Lap Lanes	Water Aerobics	3 Lap Lanes	Open		3 Lap Lanes		
9:00— 10:00	Arthritis Class		Water Aerobics		Arthritis Class		Water Aerobics		Arthritis Class		Swim lessons				
10:00— 11:00	Bay Watch Hopefuls		Open		Bay Watch Hopefuls		Open		Bay Watch Hopefuls		Family/ Open Swim				
11:00— 1:00	Open	3 Lap Lanes	3 Lap Lanes	DDU 11-12 Open 12-1	3 Lap Lanes	3 Lap Lanes	Open	3 Lap Lanes	Open	3 Lap Lanes	3 Lap Lanes		3 Lap Lanes		
1:00-3:00	Adult swim			Adult swim			Adult swim		Adult swim					Adult swim	Open
3:00-5:00	CSD Swim team			CSD Swim team			CSD Swim team		CSD Swim team					CSD Swim team	Open/ Family Swim
4:30-5:00	Open	3 Lap Lanes	Open	3 Lap Lanes	Skills & Drills 5-6:30	3 Lap Lanes	Open	3 Lap Lanes	Skills & Drills 5:00-6:00	3 Lap Lanes	3 Lap Lanes		3 Lap Lanes		
5:00-6:00			Swim lessons		Open		Swim Lessons		Open/ Rentals Close 4:30						
6:00-7:30			Y Swim team practice		Open		Y Swim Team practice		6:30-7:30pm Masters					Water Aerobics 6:30-7:30	Y Swim team practice
7:30— 8:30	Open/ Family Swim	3 Lap	Open/ Family Swim	3 Lap	Open/ Family Swim	3 Lap	Open/ Family Swim	3 Lap	Open/ Family Swim	3 Lap		<p>The YMCA strives to maintain pool temperature at 83 degrees.</p>			

The YMCA Aquatics Department reserves the right to make adjustments to the schedule.
No Open Swim during water fitness classes or swim lessons;
Adult lap swimming ONLY during those times.