



The Stamford Family YMCA

POOL SCHEDULE

MAY 1 – JULY 4, 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 – 9:00 AM ADULT LAP	5:30 – 9:00 AM ADULT LAP <hr/> AQUASIZE 8:00 – 9:00 am (3 LAP LANES)	5:30 – 9:00 AM ADULT LAP	5:30 – 9:00 AM ADULT LAP <hr/> AQUASIZE 8:00 – 9:00 am (3 LAP LANES)	5:30 – 9:00 AM ADULT LAP	8:00 – 9:00 AM ADULT LAP <hr/>	11:00 – 1:00 PM ADULT LAP <hr/> 12:00 – 1:00 ADULT OPEN (3 LAP LANES)
9:00 – 12:00 PM Y SWIM CLASSES	9:00 – 12:00 PM Y SWIM CLASSES	9:00 – 12:00 PM Y SWIM CLASSES	9:00 – 12:00 PM Y SWIM CLASSES	9:00 – 12:00 PM Y SWIM CLASSES	9:00 – 12:30 PM Y SWIM CLASSES	1:00 – 4:00 PM FAMILY SWIM (3 LAP LANES)
12:00 – 1:00 PM ADULT OPEN (3 LAP LANES)	12:00 – 1:00 PM ADULT OPEN (3 LAP LANES)	12:00 – 1:00 PM ADULT OPEN (3 LAP LANES)	12:00 – 1:00 PM ADULT OPEN (3 LAP LANES)	12:00 – 1:00 PM ADULT OPEN (3 LAP LANES)	12:30 – 3:00 PM ADULT LAP	
1:00 – 3:00 PM ADULT LAP	1:00 – 3:00 PM ADULT LAP	1:00 – 3:00 PM ADULT LAP	1:00 – 3:00 PM ADULT LAP	1:00 – 3:00 PM ADULT LAP	3:00 – 6:00 PM FAMILY SWIM (3 LAP LANES)	
3:30 – 7:45PM Y SWIM CLASSES	3:30 – 7:30PM Y SWIM CLASSES	3:30 – 7:45PM Y SWIM CLASSES	3:30 – 7:45PM Y SWIM CLASSES	3:00 – 5:00 PM (closed for cleaning)		
5:00 – 7:45 PM ADULT LAP (3 LAP LANES)	5:00 – 7:30 FAMILY SWIM	5:00 – 7:45 PM ADULT LAP (3 LAP LANES)	5:00 – 7:30 FAMILY SWIM	5:00 – 8:00 PM FAMILY SWIM (3 LAP LANES)		
7:45 – 9:00 PM ADULT LAP	7:30 – 9:00 PM ADULT LAP	7:45 – 9:00 PM ADULT LAP	7:30 – 9:00 PM ADULT LAP	8:00 – 9:00 PM ADULT LAP		