

Woodruff Family YMCA Aquatic Center Winter Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM - 9:00 AM LAP SWIM/ AQUA WALKERS	5:30 AM -6:45 AM Woodbridge Aquatic Club 5:30 AM -9:00 AM LAP SWIM/ AQUA WALKERS (Lanes 1,2,3&4)	5:30 AM -9:00 AM LAP SWIM/ AQUA WALKERS	5:30 AM -6:45 AM Woodbridge Aquatic Club 5:30 AM -9:00 AM LAP SWIM/ AQUA WALKERS (Lanes 1,2,3&4)	5:30 AM -9:00 AM LAP SWIM/ AQUA WALKERS	8:30 - 12:30 PM YMCA SWIM LESSONS	9:00 - 4:45 PM LAP SWIM
9:00 AM - 11:00 AM YMCA SWIM LESSONS	9:00 AM - 11:00 AM YMCA SWIM LESSONS	9:00 AM - 11:00 AM YMCA SWIM LESSONS	9:00 AM - 11:00 AM YMCA SWIM LESSONS	9:00 AM - 11:00 AM YMCA SWIM LESSONS	8:00 AM - 11:00 AM BE ADVISED NO GENERAL OPEN SWIM	9:15AM-1:30 PM YMCA SWIM LESSONS
YMCA NURSERY SCHOOL 10:30AM-11:30AM	YMCA NURSERY SCHOOL 10:30AM-11:30AM	YMCA NURSERY SCHOOL 10:30AM-11:30AM	YMCA NURSERY SCHOOL 10:30AM-11:30AM	YMCA NURSERY SCHOOL 10:30AM-11:30AM		
9:10 AM - 10:10 AM AQUA AEROBICS	9:10 AM - 10:10 AM AQUACIZE	9:10 AM - 10:10 AM AQUA AEROBICS	9:10 AM - 10:10 AM AQUACIZE	9:10 AM - 10:10 AM AQUA AEROBICS	9:10 AM - 10:10 AM H2O POWER DEEP WATER (deep end CLOSED)	9:15AM-10:15AM FLUID STRETCH SHALLOW WATER
10:15 AM -11:15 AM AQUA AEROBICS	10:15 AM -11:00 AM FLUID STRENGTH	10:15 AM -11:15 AM AQUA AEROBICS	10:05 AM -11:05 AM FLUID STRENGTH	10:15 AM - 11:15 AM AQUA AEROBICS		
9:00 AM - 11:00 AM PHYSICAL THERAPY REHAB. & ASSOC. RENTAL	9:00 AM - 10:00 AM PHYSICAL THERAPY AQUACISE RENTAL 10:00PM - 12:00PM SHORELINE PHYSICAL THERAPY RENTAL	9:00 AM - 11:00 AM PHYSICAL THERAPY REHAB. & ASSOC. RENTAL	9:00 AM - 10:00 AM PHYSICAL THERAPY AQUACISE RENTAL 10:00PM - 12:00PM SHORELINE PHYSICAL THERAPY RENTAL		9:00 AM - 1:00PM ORBIT MARINE SCUBA DIVING CLASS (Lane 6 & Deep End)	12:00 PM - 2:00PM YMCA SWIM LESSONS/ ADAPTED AQUATICS (SPECIAL NEEDS)
9:00 AM - 8:00 PM LIMITED LAP LANE AVAILABILITY 11:00 AM - 7:45 PM LIMITED GENERAL OPEN SWIM	9:00 AM - 8:00 PM LIMITED LAP LANE AVAILABILITY 11:00 AM - 7:45 PM LIMITED GENERAL OPEN SWIM	9:00 AM - 8:00 PM LIMITED LAP LANE AVAILABILITY 11:00 AM - 7:45 PM LIMITED GENERAL OPEN SWIM	9:00 AM - 8:00 PM LIMITED LAP LANE AVAILABILITY 11:00 AM - 7:45 PM LIMITED GENERAL OPEN SWIM	9:00 AM - 6:45 PM LIMITED LAP LANE AVAILABILITY 11:00 AM - 6:45 PM LIMITED GENERAL OPEN SWIM	11:00 AM - 7:45PM LAP SWIM & GENERAL OPEN SWIM	9:00 AM - 4:45 PM GENERAL OPEN SWIM
YMCA NURSERY SCHOOL (EXTENDED) 12:30PM - 1:00PM 1:30PM - 2:00PM 4:00 PM-5:00 PM AFTER SCHOOL OPEN SWIM	YMCA NURSERY SCHOOL (EXTENDED) 12:30PM - 1:00PM 1:30PM - 2:00PM 4:00 PM-5:00 PM AFTER SCHOOL OPEN SWIM	YMCA NURSERY SCHOOL (EXTENDED) 12:30PM - 1:00PM 1:30PM - 2:00PM 4:00 PM-5:00 PM AFTER SCHOOL OPEN SWIM	YMCA NURSERY SCHOOL (EXTENDED) 12:30PM - 1:00PM 1:30PM - 2:00PM 4:00 PM-5:00 PM AFTER SCHOOL OPEN SWIM	YMCA NURSERY SCHOOL (EXTENDED) 12:30PM - 1:00PM 1:30PM - 2:00PM 4:00 PM-5:00 PM AFTER SCHOOL OPEN SWIM	BIRTHDAY PARTIES 11:00-12:00 PM 1:45-2:45 PM 245-3:45 PM 4:30-5:30 PM 5:30-6:30 PM	BIRTHDAY PARTIES 11:00-12:00PM 12:15-1:15 PM 1:30-2:30 PM 2:45-3:45 PM
2:00 PM - 7:00 PM YMCA SWIM LESSONS (Lane 1/ Shallow)	2:00 PM - 8:00 PM YMCA SWIM LESSONS (Lane 1/ Shallow)	2:00 PM - 7:00 PM YMCA SWIM LESSONS (Lane 1/ Shallow)	2:00 PM - 8:00 PM YMCA SWIM LESSONS (Lane 1/ Shallow)	2:00 PM - 6:45 PM YMCA SWIM LESSONS (Lane 1/ Shallow)	7:45 PM AQUATIC CENTER CLOSED	4:45 PM AQUATIC CENTER CLOSED
LAP SWIM 4:00-8:45 PM (Lanes 2,3,4,5&6)	LAP SWIM 4:00-8:45 PM (Lanes 2,3,4,5&6)	GENERAL OPEN SWIM 4:00-6:45PM MAIN SECTION OF POOL (lanes5 &6) SHALLOW END & DEEP END (with a swim test) LAP SWIM 5:30-6:45 PM (Lanes 2,3&4)	LAP SWIM 4:00-8:45 PM (Lanes 2,3,4,5&6)	GENERAL OPEN SWIM 4:00-6:45PM MAIN SECTION OF POOL (lanes5 &6) SHALLOW END & DEEP END (with a swim test) LAP SWIM 5:30-6:45 PM (Lanes 2,3&4)		
6:45 PM - 7:45 PM H2O POWER DEEP WATER (deep end CLOSED)	6:45 PM - 7:45 PM H2O POWER DEEP WATER (deep end CLOSED)	6:45 PM - 7:45 PM LIQUID CARDIO SHALLOW WATER (Lanes 1&2)	6:45 PM - 7:45 PM H2O POWER DEEP WATER (deep end CLOSED)	5:30 PM - 6:45PM LAP & OPEN SWIM (lap swim lanes 2,3 &4) (open swim lanes 5&6)		
6:45 PM - 8:45 PM LAP SWIM (Lanes 1,2,3&4) 8:45 PM AQUATIC CENTER CLOSED	8:45 PM AQUATIC CENTER CLOSED	6:45 PM - 8:45 PM LAP SWIM (Lanes4,5 & 6) 8:45 PM AQUATIC CENTER CLOSED	8:45 PM AQUATIC CENTER CLOSED	6:45 PM AQUATIC CENTER CLOSED		

*Aquatic Center will close fifteen minutes before the building / *Schedule is subject to change (revised 1/4/10)

Woodruff Family YMCA - 631 Orange Avenue, Milford, Ct. 06460 - (203)878-6501 fax (203)878-0619 - www.cccymca.org

