



**HAMDEN/NORTH HAVEN YMCA**  
*a branch of Central Connecticut Coast YMCA*

# Pool Schedule

Effective: 7/25/2010  
 Current Until: 8/2/2010

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
5:30 - 9:00	5:30—9:00	5:30—9:00	5:30—9:00	5:30—9:00	6:30—8:45	10:00—11:00
Lap (4)	Lap (4)	Lap (4)	Lap (4)	Lap (4)	Lap (4)	Lap (4)
9:00—11:30	9:00—11:30	9:00—11:30	9:00—11:30	9:00—11:30	8:45—12:45	11:00—1:30
Lessons (2)	Lessons (2)	Lessons (2)	Lessons (2)	Lessons (2)	Lessons (4)	Lessons (2)
Lap (2)	Lap (2)	Lap (2)	Lap (2)	Lap (2)	12:45—1:30	Lap (2)
11:30—12:15	11:30 - 2:00	11:30—12:15	11:30 - 2:00	11:30—12:15	Lessons (2)	1:30—4:45
Aqua-Fit (3)	Family Swim (2)	Aqua-Fit (3)	Family Swim (2)	Aqua-Fit (3)	Lap (2)	Family Swim (2)
Lap (1)	Lap (2)	Lap (1)	Lap (2)	Lap (1)	1:30—5:15	Lap (2)
12:15—4:00	2:00 - 3:00	12:15—4:00	2:00 - 3:00	12:15 - 4:00	Family Swim (2)	
Family Swim (2)	Rental (2)	Family Swim (2)	Rental (2)	Family Swim (2)	Lap (2)	
Lap (2)	Lap (2)	Lap (2)	Lap (2)	Lap (2)		
4:00 - 7:15	3:00 - 4:00	4:00 - 7:15	3:00 - 4:00	4:00 - 7:30		
Lessons (2)	Family Swim (2)	Lessons (2)	Family Swim (2)	Swim Team (2)		
Lap (2)	Lap (2)	Lap (2)	Lap (2)	Family Swim (2)		
7:15 - 9:15	4:00 - 7:15	7:15 - 9:15	4:00 - 7:15	7:30 - 9:15		
Lap (2)	Lap (2)	Family Swim (2)	Lessons (2)	Lap (2)		
Family Swim (2)	Swim Lessons (2)	Lap (2)	Lap (2)	Family Swim (2)		
	7:15 - 9:15		7:15 - 9:15			
	Lap (2)		Family Swim (2)			
	Family Swim (2)		Lap (2)			