



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

AQUATICS SCHEDULE

JAMES P. GILLS BRANCH – Competition Pool

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am-7am	Open Swim 3 Lanes Lap Swim 3 Lanes	Open Swim 3 Lanes Lap Swim 3 Lanes	Open Swim 3 Lanes Lap Swim 3 Lanes	Open Swim 3 Lanes Lap Swim 3 Lanes	Open Swim 3 Lanes Lap Swim 3 Lanes	CLOSED	CLOSED
7am-10am	Open Swim 3 Lanes Lap Swim 3 Lanes	Open Swim 3 Lanes Lap Swim 3 Lanes	Open Swim 3 Lanes Lap Swim 3 Lanes	Open Swim 3 Lanes Lap Swim 3 Lanes	Open Swim 3 Lanes Lap Swim 3 Lanes	POOL OPENS AT 7:30 Swim Team 5 Lanes Lap Swim 1 Lane	CLOSED
10am-11am	Aqua Zumba 4 Lanes Lap Swim 2 Lanes	Water Aerobics 4 Lanes Lap Swim 2 Lanes	Water Aerobics 4 Lanes Lap Swim 2 Lanes	Aqua Zumba 4 Lanes Lap Swim 2 Lanes	Water Aerobics 4 Lanes Lap Swim 2 Lanes	Swim Lessons Open Swim 2 Lanes Lap Swim 3 Lanes	CLOSED
11am-12pm	Deep Water Aerobics 3 Lanes Lap Swim 3 Lanes	Deep Water Aerobics 3 Lanes Lap Swim 3 Lanes	Deep Water Aerobics 3 Lanes Lap Swim 3 Lanes	Deep Water Aerobics 3 Lanes Lap Swim 3 Lanes	Deep Water Aerobics 3 Lanes Lap Swim 3 Lanes	Open Swim 3 Lanes Lap Swim 3 Lanes	POOL OPENS AT 11:30 Open Swim 3 Lanes Lap Swim 3 Lanes
12pm-3pm	Open Swim 3 Lanes Lap Swim 3 Lanes	Open Swim 3 Lanes Lap Swim 3 Lanes	Open Swim 3 Lanes Lap Swim 3 Lanes	Open Swim 3 Lanes Lap Swim 3 Lanes	Open Swim 3 Lanes Lap Swim 3 Lanes	Open Swim 3 Lanes Lap Swim 3 Lanes	Open Swim 3 Lanes Lap Swim 3 Lanes
3pm-5pm	Open Swim 3 Lanes Lap Swim 3 Lanes	Open Swim 3 Lanes Lap Swim 3 Lanes	Open Swim 3 Lanes Lap Swim 3 Lanes	Open Swim 3 Lanes Lap Swim 3 Lanes	Open Swim 3 Lanes Lap Swim 3 Lanes	Open Swim 3 Lanes Lap Swim 3 Lanes	Open Swim 3 Lanes Lap Swim 3 Lanes
5pm-6 pm	Stroke Development 4 Lanes Lap Swim 2 Lanes	Open Swim 3 Lanes Lap Swim 3 Lanes	Open Swim 3 Lanes Lap Swim 3 Lanes	Stroke Development 4 Lanes Lap Swim 2 Lanes	Open Swim 3 Lanes Lap Swim 3 Lanes	Open Swim 3 Lanes Lap Swim 3 Lanes	Open Swim 3 Lanes Lap Swim 3 Lanes
6pm-8pm	Swim Team 5 Lanes Lap Swim 1 Lane	Swim Team 5 Lanes Lap Swim 1 Lane	Swim Team 5 Lanes Lap Swim 1 Lane	Swim Team 5 Lanes Lap Swim 1 Lane	Swim Team 5 Lanes Lap Swim 1 Lane	POOL CLOSES AT 5:00	POOL CLOSES AT 5:00
8pm-9pm	Open Swim 3 Lanes Lap Swim 3 Lanes POOL CLOSES AT 9:00pm	Stroke Development 4 Lanes Lap Swim 2 Lanes POOL CLOSES AT 9:00pm	Open Swim 3 Lanes Lap Swim 3 Lanes POOL CLOSES AT 9:00pm	Stroke Development 4 Lanes Lap Swim 2 Lanes POOL CLOSES AT 9:00pm	Open Swim 3 Lanes Lap Swim 3 Lanes POOL CLOSES AT 9:00pm	CLOSED	CLOSED

Open Swim: Open area for relaxed swimming, water walking and stretching.

Water Aerobics: Must have at least 3 in attendance in order for class to run.

James P. Gills YMCA – YMCA of the Suncoast

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