

## 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	Open Swim	Open Swim	Open Swim	Open Swim		CLOSED
	3 Lanes	3 Lanes	3 Lanes	3 Lanes	3 Lanes	CLOSED	
	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
	3 Lanes	3 Lanes	3 Lanes	3 Lanes	3 Lanes		
7am-10am						POOL OPENS	
	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	AT 7:30	
	3 Lanes	3 Lanes	3 Lanes	3 Lanes	3 Lanes	Swim Team 5 Lanes Lap Swim	CLOSED
	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
	3 Lanes	3 Lanes	3 Lanes	3 Lanes	3 Lanes		
	¦ <del> </del>	! 	¦ 	¦ <del></del>	<del> </del>	1 Lane	<del> </del>
10am-11am	Aqua Zumba	Water Aerobics	Water Aerobics	Aqua Zumba	Water Aerobics	Swim Lessons	CLOSED
	4 Lanes	4 Lanes	4 Lanes	4 Lanes	4 Lanes	Open Swim	
	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	2 Lanes	
	2 Lanes	2 Lanes	2 Lanes	2 Lanes	2 Lanes	Lap Swim	
	i   !	   !	<u> </u>	<u> </u>	<del></del>	3 Lanes	<del> </del>
11am-12pm	Deep Water	Deep Water	Deep Water	Deep Water	Deep Water	0 5	POOL OPEN
	Aerobics	Aerobics	Aerobics	Aerobics	Aerobics	Open Swim	AT 11:30
	3 Lanes	3 Lanes	3 Lanes	3 Lanes	3 Lanes	3 Lanes	Open Swin
	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim 3 Lanes	3 Lanes
	3 Lanes	3 Lanes	3 Lanes	3 Lanes	3 Lanes	j 5 Lalles	Lap Swim
12pm-3pm	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swin
	3 Lanes	3 Lanes	3 Lanes	3 Lanes	3 Lanes	3 Lanes	3 Lanes
	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
	3 Lanes	3 Lanes	3 Lanes	3 Lanes	3 Lanes	3 Lanes	3 Lanes
3pm-5pm	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swin
	3 Lanes	3 Lanes	3 Lanes	3 Lanes	3 Lanes	3 Lanes	3 Lanes
	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
	3 Lanes	3 Lanes	3 Lanes	3 Lanes	3 Lanes	3 Lanes	3 Lanes
5pm-6 pm	Stroke	Open Swim	Open Swim	Stroke	Open Swim	Open Swim	Open Swin
	Development	3 Lanes	3 Lanes	Development	3 Lanes	3 Lanes	3 Lanes
	4 Lanes	Lap Swim	Lap Swim	4 Lanes	Lap Swim	Lap Swim	Lap Swim
	Lap Swim	3 Lanes	3 Lanes	Lap Swim	3 Lanes	3 Lanes	3 Lanes
	2 Lanes	 	 	Lanes	<del> </del>	 	<del> </del>
6pm-8pm	Swim Team	Swim Team	Swim Team	Swim Team	Swim Team	POOL CLOSES AT 5:00	POOL CLOSE AT 5:00
	5 Lanes	5 Lanes	5 Lanes	5 Lanes	5 Lanes		
	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
	1 Lane	1 Lane	1 Lane	1 Lane	1 Lane	<u> </u>	<u> </u>
8pm-9pm	Open Swim	Stroke	Open Swim	Stroke	Open Swim		
	3 Lanes	Development	3 Lanes	Development	3 Lanes	CLOSED	CLOSED
	Lap Swim	4 Lanes	Lap Swim	4 Lanes	Lap Swim		
	3 Lanes	Lap Swim	3 Lanes	Lap Swim	3 Lanes		
		2 Lanes	İ	2 Lanes	İ		
	POOL CLOSES AT 9:00pm	POOL CLOSES	POOL CLOSES	POOL CLOSES	POOL CLOSES		
	AI 5:UUPM	AT 9:00pm	AT 9:00pm	AT 9:00pm	AT 9:00pm		1

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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