

Santa Barbara Family YMCA POOL SCHEDULE

Spring 2008

April 7 through June 15

Time/Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 - 9:00 a.m.	Lap Swim (6)	Lap Swim (6)	Lap Swim (6)	Lap Swim (6)	Lap Swim (6)	6:30—8:00 a.m. Lap Swim (6)	Closed
9:00-9:45 a.m.	Shallow Water Fitness & Lap Swim (1)	Shallow Water Fitness & Lap Swim (1)	Shallow Water Fitness & Lap Swim (1)	Shallow Water Fitness & Lap Swim (1)	Shallow Water Fitness & Lap Swim (1)	8:00- 9:00 a.m. Lap Swim (1) Masters Swim Team	
9:45-10:30 a.m.	Deep Water Fitness/ Aqua Flex (10:00—10:45) Lap Swim (1)	Deep Water Fitness & Lap Swim (1)	Deep Water Fitness/ Aqua Flex (10:00—10:45) Lap Swim (1)	Deep Water Fitness & Lap Swim (1)	Deep Water Fitness/ Aqua Flex (10:00—10:45) Lap Swim (1)	9:00 - 9:45 a.m. Deep Water Fitness & Lap Swim (1)	
10:30 a.m.-12:00 p.m.	Deep Water Fitness (10:45—11:30) Lap Swim (3)	Swim Lessons Lap Swim (3)	Deep Water Fitness (10:45—11:30) Lap Swim (3)	Swim Lessons Lap Swim (3)	Swim Lessons Lap Swim (3)	9:45 a.m.—12:00 .p.m. Lap Swim (2)	10:30 a.m. - 12:00 p.m. Lap Swim (6)
12:00 p.m. - 2:00 p.m.	Recreation Swim & Lap Swim (4)	Recreation Swim & Lap Swim (4)	Recreation Swim & Lap Swim (4)	Recreation Swim & Lap Swim (4)	Recreation Swim & Lap Swim (4)	9:00—12:00 Swim Lessons	
2:00-5:00 p.m.	Swim Lessons Lap Swim (3) 4:00—5:00 p.m. Gators Lap Swim (1)	Swim Lessons Lap Swim (3) 4:00—5:00 p.m. Wet Ball Lap Swim (1)	Swim Lessons Lap Swim (3) 4:00—5:00 p.m. Gators Lap Swim (1)	Swim Lessons Lap Swim (3) 4:00—5:00 p.m. Wet Ball Lap Swim (1)	Lap Swim (3) 4:00—5:00 p.m. Gators	12:00 - 6:30 p.m. Recreation & Lap Swim (3)	12:00 - 6:30 p.m. Recreation & Lap Swim (3)
5:00-6:00 p.m.	Recreation & Lap Swim (3)	Recreation & Lap Swim (3)	Recreation & Lap Swim (3)	Recreation & Lap Swim (3)	Recreation & Lap Swim (3)		
6:00-7:30 p.m.	6:00 - 6:45 p.m. Deep Water Fitness Lap Swim (1) 6:45—7:30 Recreation Swim Lap Swim (3)	Swim Lessons Lap Swim (1)	6:00 - 6:45 p.m. Deep Water Fitness 6:45—7:30 Adv. Deep Water Fitness Lap Swim (1)	Swim Lessons Lap Swim (1)	6:00 - 6:45 p.m. Deep Water Fitness Lap Swim (1) 6:45—7:30 Recreation Swim Lap Swim (3)	Please allow 5 mins. For lane changes. Number of lanes available designated by parenthesis ().	
7:30-9:30 p.m.	7:30 - 8:30 p.m. Masters Swim Team Lap Swim (1) Recreation & Lap Swim (3)	7:30 - 8:30 p.m. Masters Swim Team Lap Swim (2) Recreation & Lap Swim (3)	7:30 - 8:30 p.m. Masters Swim Team Lap Swim (1) Recreation & Lap Swim (3)	7:30 - 8:30 p.m. Masters Swim Team Lap Swim (2) Recreation & Lap Swim (3)	Recreation & Lap Swim (3)	Thank you for following all pool rules.	