



GARDEN CITY FAMILY YMCA

Pool Schedule

January 1st– May 31st

WINTER SCHEDULE

		FAMILY POOL		LAP POOL			
		Water Safety & Open Swim		Water walking, lap swimming, water aerobics & exercise			
PROGRAM DAY	 	<u>Water Safety</u>	<u>Open Swim</u>	<u>Lap Swim</u>	<u>Water Aerobics</u>	<u>Water Safety & Swim Team</u>	
	MON			7:00 – 8:30 pm	5:30 – 7:00 am 12:00 – 2:00 pm 7:00 – 8:30 pm	9:00 – 9:45 am Aquacise 1 10:00 – 10:45 am Aquacise 2	5:30 – 6:00 pm Power Waves 6:00 – 6:45 pm Water Fitness
TUES		5:30 – 6:00 pm Level 1 6:00 – 6:30 pm Parent/Tot 6:30 – 7:00 pm Level 2	7:00 – 8:30 pm	5:30 – 7:00 am 12:00 – 2:00 pm 7:00 – 8:30 pm	8:00 – 8:45 am Water Fitness 9:00 – 9:45 am Water Fitness 9:45 – 10:30 am Power Waves		6:00–7:00 am 3:30 – 5:30 pm GC Swim Team
WED			7:00 – 8:30 pm	5:30 – 7:00 am 12:00 – 2:00 pm 7:00 – 8:30 pm	9:00 – 9:45 am Aquacise 1 10:00 – 10:45 am Aquacise 2	5:30 – 6:00 pm Power Waves 6:00 – 6:45 pm Water Fitness	6:00–7:00 am 3:30 – 5:15 pm GC Swim Team 6:00 – 6:45 pm Level 3 & 4 6:45 – 7:30 pm Level 5 & 6
THURS		5:30 – 6:00 pm Level 1 6:00 – 6:30 pm Parent/Tot 6:30 – 7:00 pm Level 2	7:00 – 8:30 pm	5:30 – 7:00 am 12:00 – 2:00 pm 7:00 – 8:30 pm	8:00 – 8:45 am Water Fitness 9:00 – 9:45 am Water Fitness 9:45 – 10:30 am Power Waves		6:00–7:00 am 3:30 – 5:30 pm GC Swim Team
FRI			4:30 – 8:00 pm	5:30 – 7:00 am 12:00 – 2:00 pm	9:00 – 9:45 am Aquacise 1 10:00 – 10:45 am Aquacise 2		6:00–7:00 am 3:30 – 5:30 pm GC Swim Team
SAT			1:00 – 2:30 pm	9:00 am – 11:30 am	WHEN THERE IS NO SCHOOL OR SCHOOL IS CANCELED, THE FAMILY POOL WILL OPEN AT 2:00 PM		
SUN			1:30 – 3:30 pm	1:30 – 3:30 pm			

QUESTIONS:

Call Stacy Castoe at 275-1199, ext. 101 or send an email at scastoe@ymcaswkansas.org.

INTERESTED IN RENTING THE POOL OR WANT TO BOOK A BIRTHDAY PARTY?:

Call Stacy Castoe at 275-1199, ext 101 or send an email to scastoe@ymcaswkansas.org.