



GARDEN CITY FAMILY YMCA

Summer Pool Schedule

May 24 - August 13

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Pool Age Requirements:

All children within the ages **6-8** MUST have an adult (over 16) **ON THE POOL DECK**.
All children under the age of **6** MUST have an adult (over 16) **IN THE WATER**.

	<u>Lap Swim</u> (water walking & water exercise)	<u>Family Pool</u>	<u>Water Aerobics</u> <u>Morning</u>	<u>Water Aerobics</u> <u>Evening</u>
MON	5:30-7:00 am 11:00-2:00 pm 7:00-8:30 pm	1:00-2:00 pm (Childcare only) 2:00-5:30 pm 7:00-8:30 pm	9:00-9:45 am 10:00-10:45 am Aquacise 1 & 2 (Lap Pool)	5:30-6:00 pm Power Waves 6:15-6:45 pm **Water Fitness (Lap Pool)
TUES	5:30-7:00 am 11:00-2:00 pm 7:00-8:30 pm	10:15-11:15 am 2:00-5:30 pm 7:00-8:30 pm	8:00-8:45 am (Water Aerobics) 9:00-9:45 am Water Fitness (Lap Pool) 9:45-10:30 am Power Waves (Lap Pool)	
WED	5:30-7:00 am 11:00-2:00 pm 7:00-8:30 pm	1:00-2:00 pm (Childcare only) 2:00-5:30 pm 7:00-8:30 pm	9:00-9:45 am 10:00-10:45 am Aquacise 1 & 2 (Lap Pool)	5:30-6:00 pm Power Waves 6:15-6:45 pm **Water Fitness (Lap Pool)
THURS	5:30-7:00 am 11:00-2:00 pm 7:00-8:30 pm	10:15-11:15 am 2:00-5:30 pm 7:00-8:30 pm	8:00-8:45 am (Water Aerobics) 9:00-9:45 am Water Fitness (Lap Pool) 9:45-10:30 am Power Waves (Lap Pool)	
FRI	5:30-7:00 am 11:00-2:00 pm	1:00-2:00 pm (Childcare only) 2:00-8:00pm	9:00-9:45 am 10:00-10:45 am Aquacise 1 & 2 (Lap Pool)	
SAT	9:00-12:00 pm	1:00-3:00 pm		
SUN	1:30-3:30 pm	1:30-3:30 pm		

QUESTIONS: Call Elijah Murrison at 620-275-1199, ext. 101 or send an email at emurrison@ymcaswkansas.org.

INTERESTED IN RENTING THE POOL OR WANT TO BOOK A BIRTHDAY PARTY?: Call Elijah Murrison at 620-275-1199, ext 101 or send an email to emurrison@ymcaswkansas.org.