



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GARDEN CITY FAMILY YMCA

Pool Schedule

June 1 – August 8

Summer SCHEDULE

	FAMILY POOL Swim Lessons & Open Swim		LAP POOL Water walking, lap swimming, water aerobics & exercise			
PROGRAM → DAY ↓	<u>Water Safety</u>	<u>Family Pool</u>	<u>Lap Swim</u>	<u>Water Aerobics</u>	<u>Water Safety & Swim Team</u>	
MON	5:30 – 6:00 pm Level 1 6:30 – 7:00 pm Level 2	2:00 – 5:30 pm 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 – 6:15 pm Power Waves 6:15 – 7 pm Water Fitness	6:00 – 6:45 pm Level 3 & 4 6:45 – 7:30 pm Level 5 & 6
TUES	5:30 – 6:00 pm Level 1 6:00 – 6:30 pm Parent/Tot 6:30 – 7:00 pm Level 2	2:00 – 5:30 pm 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 – 6:45 pm Level 3 & 4 6:45 – 7:30 pm Level 5 & 6
WED	5:30 – 6:00 pm Level 1 6:30 – 7:00 pm Level 2	2:00 – 5:30 pm 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 – 6:15 pm Power Waves 6:15 – 7 pm Water Fitness	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	2:00 – 5:30 pm 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 – 6:45 pm Level 3 & 4 6:45 – 7:30 pm Level 5 & 6
FRI		2:00 – 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		
SAT		1:00 – 2:30 pm	9:00 am – 11:30 am	DON'T FORGET TO SIGN UP FOR SUMMER SWIM LESSONS & YSPLASH		
SUN		1:30 – 3:30 pm	1:30 – 3:30 pm			

*This signifies BOTH pools are open for OPEN SWIM!

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.