



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GARDEN CITY FAMILY YMCA

Pool Schedule

May 24 - August 13

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>	<u>Swim Team</u>
MON	5:30-7:00 am 11:00-1:30 pm 7:00-8:30 pm	1:00-2:00 pm (Childcare Kids Only) 2:00-4:00 PM 6:00-7:15 PM	9:00-9:45 am 10:00-10:45 am Aquacise 1 & 2 (Lap Pool)	5:30-6:15 pm Power Waves 6:15-7 pm **Water Fitness (Lap Pool)	
TUES	5:30-7:00 am 11:00-1:30 pm 7:00-8:30 pm	2:00-4:00 PM 6:00-7:15 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 11:00-1:30 pm 7:00-8:30 pm	1:00-2:00 PM (Childcare Kids Only) 2:00-4:00 PM 6:00-7:15 PM	9:00-9:45 am 10:00-10:45 am Aquacise 1 & 2 (Lap Pool)	5:30-6:15 pm Power Waves 6:15-7 pm **Water Fitness (Lap Pool)	
THURS	5:30-7:00 am 11:00-1:30 pm 7:00-8:30 pm	2:00-4:00 PM 6:00-7:15 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 11:00-1:30 pm	1:00-2:00 PM (Childcare Kids Only) 2:00-4:00 PM 6:00-7:15 PM	9:00-9:45 am 10:00-10:45 am Aquacise 1 & 2 (Lap Pool)		
SAT	9:00-11:30 am	1:00-3:00 pm	The family pool will open at 2:00 pm any time there is no school, half days, or school cancelations.		
SUN	1:30-3:30 pm	1:30-3:30 pm			

QUESTIONS: Call Melinda Castrellon at 620-275-1199, ext. 210 or send an email at mcastrellon@ymcaswkansas.org.

INTERESTED IN RENTING THE POOL OR WANT TO BOOK A BIRTHDAY PARTY?: Call Melinda Castrellon at 620-275-1199, ext 210 or send an email to mcastrellon@ymcaswkansas.org.