



# DECATUR FAMILY YMCA FAMILY POOL SCHEDULE (OCT. 15 - DEC. 8)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>6a-3:30p Water Walking Circle (&amp; 4-9p)</p> <p>6 - 11a Family Swim (Shallow Side Only During Water Exercise.)</p> <p>8:45 - 9:30a A+</p> <p>9:30 - 10:15a A+</p> <p>10:15 - 11a Arthritis</p> <p>1 - 1:45p Arthritis</p>	<p>6a-3:30p Water Walking Circle (&amp; 4-9p)</p> <p>6 - 11a Family Swim (Shallow Side Only During Water Exercise.)</p> <p>8:45 - 9:30a A+</p> <p>9:30 - 10:15a A+</p> <p>10:15 - 11a Arthritis</p> <p>11a - 3:30p Open Swim</p> <p>1 - 1:45p Arthritis</p>	<p>6a-3:30p Water Walking Circle (&amp; 4-9p)</p> <p>6 - 11a Family Swim (Shallow Side Only During Water Exercise.)</p> <p>8:45 - 9:30a A+</p> <p>9:30 - 10:15a A+</p> <p>10:15 - 11a Arthritis</p> <p>11a - 3:30p Open Swim</p> <p>1 - 1:45p Arthritis</p>	<p>6a-3:30p Water Walking Circle (&amp; 4-9p)</p> <p>6-8:45a Family Swim (Shallow Side Only During Water Exercise.)</p> <p>9-10:30a Swim Lessons</p> <p>8:45 - 9:30a A+</p> <p>9:30 - 10:15a A+</p> <p>10:15 - 11a Arthritis</p> <p>11a - 3:30p Open Swim</p>	<p>6a-3:30p Water Walking Circle (&amp; 4-9p)</p> <p>6 - 9a Family Swim (Shallow Side Only During Water Exercise.)</p> <p>9:30 - 10:15a Arthritis</p> <p>10:15 - 11a Arthritis</p> <p>11a - 9p Open Swim</p> <p>1 - 1:45p Arthritis</p>	<p>9a-4p Water Walking Circle</p> <p>9-11:15a Swim Lessons</p> <p>11:15a-12p Adult Swim</p> <p>12p-4p Family Swim &amp; Birthday Parties</p>	<p>11a - 4p Water Walking Circle</p> <p>11a-12p Adult Swim</p> <p>12p-4p Family Swim &amp; Birthday Parties</p>
<p><b>3:30 - 4p Child Care Lessons - Pool &amp; Water Walking Circle Closed</b></p>						
<p>4-7p Swim Lessons</p> <p>7-7:45p Leg &amp; Core</p> <p>4-9p Water Walking Circle</p> <p>7-9p Open Swim</p>	<p>4-7p Swim Lessons</p> <p>4-9p Water Walking Circle</p> <p>7-9p Open Swim</p>	<p>4-7p Swim Lessons</p> <p>7-7:45p Leg &amp; Core</p> <p>4-9p Water Walking Circle</p> <p>7-9p Open Swim</p>	<p>4-7p Swim Lessons</p> <p>7-9p Open Swim</p>	<p>4-7p Swim Lessons</p> <p>7-9p Open Swim</p>	<p>4-7p Swim Lessons</p> <p>7-9p Open Swim</p>	<p>4-7p Swim Lessons</p> <p>7-9p Open Swim</p>
<p>5-5:45p Leg &amp; Core</p> <p>7-9p Open Swim</p>	<p>5-5:45p Leg &amp; Core</p> <p>7-9p Open Swim</p>	<p>5-5:45p Leg &amp; Core</p> <p>7-9p Open Swim</p>	<p>7-9p Open Swim</p>	<p>7-9p Open Swim</p>	<p>7-9p Open Swim</p>	<p>7-9p Open Swim</p>

**Water Walking Circle:** For Adult Members

**Adult Swim:** For adults (18yrs+) In shallow side during swim classes.

**Family Swim:** For children accompanied by a parent. In shallow side during water exercise. Please be respectful of classes.

**Open Swim:** For anyone 9 yrs & older. In shallow side during water exercise. Please be respectful of classes.

**Thunder and/or Lightning**  
Pools will close in the event of a severe storm. Members will be asked to leave the pools if lightning and/or thunder occur until 20 minutes after the last sighting. Please be respectful of classes.