

**SUMMERVILLE FAMILY YMCA – WELLNESS POOL – JANUARY**

Family & Lap Swim & Water Aerobics are available for reservation online.

January 1 hours: 7am-12pm

Member Swim
Water Aerobics
Sink or Swim
Programming

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
6:00AM	6-8AM	6-8AM	6-8AM	6-8AM	6-8AM				
7:00AM	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim				
8:00AM	8 - 9AM	8 AM- 10 AM	8-9AM	8 AM- 10 AM	8-9AM				
	Water Aerobics Trish		Water Aerobics Trish		Water Aerobics Trish				
9:00AM	9AM -12PM	Family & Lap Swim	9AM -12PM	Family & Lap Swim	9-10 AM	9-12:30			
					Water Aerobics Jan				
10:00AM	Family & Lap Swim	10-11 AM	Family & Lap Swim	10-11 AM	10 -11 AM	Saturday Swim Lessons			
		Water Aerobics Jan		Water Aerobics Jan	Little Learners				
11:00AM		11AM-3:30PM		11AM-3:30PM	11AM-3:30PM				
12:00PM	12AM-2PM		12AM-2PM						
1:00PM		Sink or Swim	Lap Swim	Sink or Swim	Lap Swim	Sink or Swim	Lap Swim		
2:00PM	2-4PM		2-4PM			1 PM - 4:45PM			
3:00PM	HSSG		HSSG			Family & Lap Swim	12 - 4:45 PM Family & Lap Swim		
		3:30 -5 PM		3:30 -5 PM	3:30 -5 PM				
4:00PM	4 PM- 6:20 PM	Swim Team	4 PM- 6:15 PM	Swim Team	Swim Team				
5:00PM	Swim Lessons	5 -6PM	Swim Lesson	5 -6 PM	5 - 8PM				
		Family & Lap Swim		Family & Lap Swim	Family & Lap Swim				
6:00PM		6-7 PM		6-7 PM					
	6:30-7:30PM	Water Aerobics Jan	6:30-7:30PM	Water Aerobics Jan					
7:00PM	Water Aerobics Jan	7-8 PM	Water Aerobics Celestia	7-8 PM					
		Adult Swim		Adult Swim					
8:00PM	Pool Closes at 8PM								