

CAPITAL DISTRICT YMCA GREENBUSH AREA BRANCH

POOL SCHEDULE - WINTER 1 SESSION

January 2,2012-February 19, 2012

*(Schedule subject to change.)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	FOR YOUTH DEVELOPMENT FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY	
						Saturday	Sunday
5:00 AM	6 Lap Swim 2 Open Swim	6 Lap Swim 2 Open Swim	6 Lap Swim 2 Open Swim	6 Lap Swim 2 Open Swim	6 Lap Swim 2 Open Swim		
6:00 AM	5 Lap Swim 3 Aqua Cardio I & II	3 Lap Swim 2 Open Swim 3 Masters	5 Lap Swim 3 Aqua Cardio I & II	2 Lap Swim 2 Open Swim 4 Masters	5 Lap Swim 3 Aqua Cardio I & II		
7:00 AM	6 Lap Swim 2 Open Swim	3 Lap Swim 2 Open Swim 3 Masters	6 Lap Swim 2 Open Swim	2 Lap Swim 2 Open Swim 4 Masters	6 Lap Swim 2 Open Swim	6 Lap Swim 2 Open Swim	6 Lap Swim 2 Open Swim
8:00 AM	5 Lap Swim 3 Aqua Cardio I (Shallow Only)	5 Lap Swim 3 Water Wellness (Deep Only) 3 Aqua Cardio I (Shallow Only)	5 Lap Swim 3 Aqua Cardio I (Shallow Only)	5 Lap Swim 3 Water Wellness (Deep Only) 3 Aqua Cardio I (Shallow Only)	5 Lap Swim 3 Aqua Cardio I (Shallow Only)	5 Lap Swim 3 Aqua Bootcamp	4 Lap Swim 2 Open Swim 2 Fit Swim (8:30)
9:00 AM	5 Lap Swim 3 Open Swim (Shallow Only) 3 Aqua Cardio II (Deep Only)	3 Lap Swim 2 Swim Lessons 3 Water Wellness (Shallow Only) 3 Deep Diversity (Deep Only)	3 Lap Swim 3 Open Swim (Shallow Only) 2 Swim Lessons 3 Aqua Cardio II (Deep Only)	5 Lap Swim 3 Water Wellness (Shallow Only) 3 Deep Diversity (Deep Only)	5 Lap Swim 3 Aqua Cardio II (Deep Only)	2 Lap Swim 2 Open Swim (Shallow Only) 4 Swim Lessons 2 Aqua Cardio II (Deep Only)	4 Lap Swim 2 Open Swim 2 Fit Swim (8:30)
10:00 AM	4 Lap Swim 4 Forever Fit	2 Lap Swim 2 Swim Lessons 4 Forever Fit	3 Lap Swim 2 Swim Lessons 3 Forever Fit	3 Lap Swim 2 Swim Lessons 3 Forever Fit	5 Lap Swim 4 Forever Fit	2 Lap Swim 2 Open Swim 4 Swim Lessons	4 Lap Swim 2 Open Swim 2 STRIDE
11:00 AM	4 Lap Swim 2 Open Swim (Shallow Only) 2 Aqua Therapy (11:20-12) 2 Forever Fit (Deep Only)	4 Lap Swim 2 Open Swim (Shallow Only) 2 Swim Lessons 2 Water Wellness (Deep Only)	2 Lap Swim 2 Open Swim (Shallow Only) 2 Swim Lessons 2 Aqua Therapy (11:20-12) 2 Forever Fit (Deep Only)	3 Lap Swim 2 Open Swim 1 Swim Lessons 2 Water Wellness	2 Lap Swim 2 Open Swim (Shallow Only) 2 Swim Lessons 2 Aqua Therapy (11:20-12) 2 Forever Fit (Deep Only)	1 Lap Swim 2 Open Swim 5 Swim Lessons	4 Lap Swim 2 Open Swim 2 STRIDE
12:00 PM	4 Lap Swim 2 Open Swim 2 Aqua Therapy	6 Lap Swim 2 Open Swim	4 Lap Swim 2 Open Swim 2 Aqua Therapy	6 Lap Swim 2 Open Swim	6 Lap Swim 2 Open Swim	4 Lap Swim 2 Open Swim 2 Swim Lessons	2 Lap Swim 2 Open Swim 4 Swim Lessons
1:00 PM	6 Lap Swim 2 Open Swim	3 Lap Swim 2 Open Swim 3 Training Group (2nd & 4th Tuesdays)	4 Lap Swim 2 Open Swim 2 Swim Lessons	2 Open Swim 4 Lap Swim 2 Swim Lessons	4 Lap Swim 2 Open Swim 2 Swim Lessons (1:30)	3 Lap Swim 2 Open Swim 1 Swim Lessons 2 Splash Party	2 Lap Swim 2 Open Swim 4 Swim Lessons

Visit us on the web at www.cdymca.org | 20 Community Way, E. Greenbush, NY 12061 | (518) 477-2570

Severe Weather Policy: Rensselaer County Health Department requires that our entire pool area be closed in the event of a thunderstorm including either thunder and lightning and/or both. The pool area must remain closed for 30 minutes after the last sound of thunder or sight of lightning.

Member Alerts: Sign up to receive Member Alerts at our website! See our front desk for details.

***Home Swim Meets will be held on the following Sundays. The pool will NOT be available on those days beginning at 12:30pm**

Home Meet Days: Sunday

January 22nd

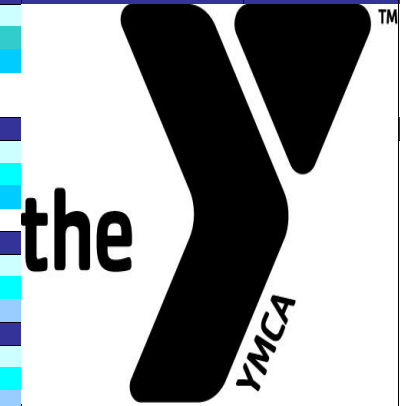
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Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2:00 PM	6 Lap Swim 2 Open Swim	3 Lap Swim 2 Open Swim 3 Training Group (2nd & 4th Tuesdays)	6 Lap Swim 2 Open Swim	6 Lap Swim 2 Open Swim	4 Lap Swim 2 Open Swim 2 Swim Lessons	4 Lap Swim 2 Open Swim 2 Splash Party	2 Lap Swim 2 Open Swim 2 Swim Lessons 2 Splash Party
3:00 PM	6 Lap Swim 2 Open Swim	4 Lap Swim 2 Open Swim 2 Aqua Therapy (3:20-4)	2 Lap Swim 2 Open Swim 2 Swim Lessons 2 Aqua Zumba	4 Lap Swim 2 Open Swim 2 Aqua Therapy (3:20-4)	3 Lap Swim 3 Open Swim 2 Swim Lessons	5 Lap Swim 3 Open Swim	5 Lap Swim 3 Open Swim
4:00 PM	2 Lap Swim 2 Open Swim 4 Swim Lessons	2 Lap Swim 2 Open Swim 2 Swim Lessons 2 Fit Swim (Begins @ 4:15)	2 Lap Swim 2 Open Swim 4 Swim Lessons	2 Lap Swim 2 Open Swim 2 Swim Lessons 2 Fit Swim (Begins @ 4:15)	2 Lap Swim 2 Open Swim 4 Swim Lessons	3 Lap Swim 3 Open Swim 2 Splash Party	3 Lap Swim 3 Open Swim 2 Splash Party
5:00 PM	2 Lap Swim 2 Open Swim 4 Swim Lessons	3 Lap Swim 2 Open Swim 1 Swim Lessons 2 Fit Swim (Ends @ 5:15)	2 Lap Swim 2 Open Swim 2 Swim Lessons 2 Swim Team	3 Lap Swim 2 Open Swim 1 Swim Lessons 2 Fit Swim (Ends @ 5:15)	2 Lap Swim 2 Open Swim 4 Swim Lessons	3 Lap Swim 3 Open Swim 2 Splash Party	3 Lap Swim 3 Open Swim 2 Splash Party
5:30 PM	2 Lap Swim 1 Open Swim 2 Swim Lessons 3 Swim Team	2 Lap Swim 2 Open Swim 4 Swim Team	2 Lap Swim 1 Open Swim 1 Swim Lessons 2 Swim Team 2 Synchro	2 Lap Swim 2 Open Swim 4 Swim Team	2 Lap Swim 1 Open Swim 2 Swim Lessons 3 Swim Team	3 Lap Swim 3 Open Swim 2 Splash Party	3 Lap Swim 3 Open Swim 2 Splash Party
6:00 PM	2 Lap Swim 2 Swim Lessons 4 Swim Team	3 Open Swim (Shallow Only) 5 Swim Team 3 Deep Diversity (Deep Only)	2 Lap Swim 2 Open Swim 2 Swim Lessons 2 Synchro	3 Open Swim (Shallow Only) 5 Swim Team 3 Deep Diversity (Deep Only)	2 Lap Swim 1 Open Swim 2 Swim Lessons 3 Swim Team	5 Lap Swim 3 Open Swim	5 Lap Swim 3 Open Swim
6:30 PM	2 Open Swim (Shallow Only) 1 Swim Lessons 4 Swim Team 2 Aqua Cardio II (Deep Only)	3 Open Swim (Shallow Only) 5 Swim Team 3 Deep Diversity (Deep Only)	1 Lap Swim 2 Open Swim 1 Swim Lessons 4 Synchro	1 Lap Swim 2 Open Swim (Shallow Only) 5 Swim Team 2 Deep Diversity (Deep Only)	2 Lap Swim 2 Swim Lessons 4 Swim Team		
7:00 PM	2 Lap Swim 2 Open Swim (Shallow Only) 4 Swim Team 2 Aqua Cardio II (Ends @ 7:30)	2 Lap Swim (7:15) 3 Open Swim (Shallow Only - Ends @ 7:15) 5 Swim Team 3 Deep Diversity (Ends @ 7:15)	2 Lap Swim 2 Open Swim 4 Synchro	3 Lap Swim (7:15) 3 Open Swim (Shallow Only - Ends @ 7:15) 5 Swim Team 3 Deep Diversity (Ends @ 7:15)	2 Lap Swim 2 Open Swim 4 Swim Team		
8:00 PM	2 Lap Swim 2 Open Swim 4 Swim Team	2 Lap Swim 1 Open Swim 5 Swim Team	2 Lap Swim 2 Open Swim 4 Synchro	2 Lap Swim 1 Open Swim 5 Swim Team	4 Lap Swim 2 Open Swim 2 Master Synchro		
8:30 PM	6 Lap Swim 2 Open Swim	4 Lap Swim 2 Open Swim 2 Swim Lessons	6 Lap Swim 2 Open Swim	4 Lap Swim 2 Open Swim 2 Swim Lessons	4 Lap Swim 2 Open Swim 2 Master Synchro		



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