



The Cole YMCA

INSTRUCTIONAL POOL SCHEDULE May 7-June 3

Sun	Mon	Tue	Wed	Thur	Fri	Sat	
	Open Exercise 7:30-7:45A	Closed until 12:00P	Open Exercise 7:30-7:45A	Closed until 12:00P	Open Exercise 7:30-7:45A		
	Water Aerobics 7:45-9A		Water Aerobics 7:45-9A		Water Aerobics 7:45-9A		
	Open Swim 9-10A		Open Swim 9-10A		Open Swim 9-10:30 A		
	Swim Lessons 10-10:30A		Swim Lessons 10-10:30A			Swim Lessons 9:45-11:15A	
	AFYAP 10:30-11:30A		AFYAP 10:30-11:30A		AFYAP 10:30-11:30A	AFYAP 10:30-11:30A	No Open Swim
	Adult Swim 11:30A-12:30P		Adult Swim 11:30A-12:30P		Adult Swim 11:30A-12:30P	Adult Swim 11:30A-12:30P	Family Swim 11:15A-1:30P
	Open Swim 12:30-4P	Senior Swim 12:00-12:30P	Senior Swim 12:00-12:30P	Senior Swim 12:00-12:30P	Senior Swim 12:00-12:30P	Open Swim 12:30-4P	
Family Swim w/lap lanes 1:00-2:31	Open Swim 12:30-4P	Open Swim 12:30-4:30P	Open Swim 12:30-1P	Open Swim 12:30-4:30P	Open Swim 12:30-6P	Open Swim 1:30-4:30P	
		w/after care 3:00-4:30P	Swim Lessons 1:00-1:30P	w/after care 3:00-4:30P		Pool Closes 4:30P	
		Open Swim 1:30-4P	Open Swim 1:30-4P				
	Swim Lessons 4:30-5:35P	Swim Lessons 5:15-6:30P	Swim Lessons 4:30-5:35P	Swim Lessons 5:15-6:30P			
	No Open Swim	No Open Swim	No Open Swim	No Open Swim			
	Open Swim 5:45-7:30P	Open Swim 6:45-7:30P	Open Swim 5:45-7:30P	Open Swim 6:45-7:30P	Family Swim 6:00-7:30P		
	Water Aerobics w/open exercise 7:30-8:15P	Pool closing at 7:30P	Water Aerobics w/open exercise 7:30-8:15P	Pool closing at 8P			

Family Swim is for families and there must be a parent in the pool with swimmers under 18.

Open Exercise is for people to come in and do their own exercise. There is no diving, jumping, splashing, or loud noises.

Adult swim is for those 18 and over who are wanting to swim or exercise.

Up Coming Events & Closures

July 14th Pools will be closed until 12pm. Due to KPC Triathlon

Begin To Swim week is June 4-June 8 9am-3pm. No regular classes. 12-1pm will be senior swim.

We are in the high season of lifeguard training. We will be hosting multiple classes over the next couple of months. Thank you for your understanding.

Cole Center Family YMCA lifeguards participate in Mock Rescues. Thank you for your patience as we practice our skills.

updated 05/09/2012