

# Morris Center YMCA Pool Schedule

09/06/10-09/12/10 ONLY

Pool Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Pool Hours	
5:30 AM	Y M C A  C L O S E D					Y opens at 7:00 am on Saturday	Y opens at 9:00 am on Sunday	5:30 AM	
6:00 AM								6:00 AM	
6:30 AM									6:30 AM
7:00 AM									7:00 AM
7:30 AM									7:30 AM
8:00 AM			Water Fitness 8:00-9:00am		Water Fitness 8:00-9:00am				8:00 AM
8:30 AM									8:30 AM
9:00 AM				Water Fitness 9-10:00am		Water Fitness 9-10:00am			9:00 AM
9:30 AM									9:30 AM
10:00 AM								10:00 AM	
10:30 AM								10:30 AM	
11:00 AM							Open Swim 11:0am-2:30pm	11:00 AM	
11:30 AM							Workshop Instructors Only 11-12	11:30 AM	
12:00 PM								12:00 PM	
12:30 PM								12:30 PM	
1:00 PM								1:00 PM	
1:30 PM								1:30 PM	
2:00 PM				Water Fitness 1:30-2:30		Water Fitness 1:30-2:30 pm	Workshop Instructors Only 2:30-3:30	2:00 PM	
2:30 PM								2:30 PM	
3:00 PM			Open Swim 2:30-6:00		Open Swim 2:30-5:00			3:00 PM	
3:30 PM				Open Swim 2:30-4:30				3:30 PM	
4:00 PM								4:00 PM	
4:30 PM								4:30 PM	
5:00 PM				Open Swim 4:30-	Swim Team 4:30-6:00	Open Swim 5:00-6:00	Open Swim 4:00-7:00 pm	5:00 PM	
5:30 PM							5:30 PM		
6:00 PM		Swim Team 6:00-7:00			S. Team		6:00 PM		
6:30 PM			Swim Team 6:00-7:00		Swim Team 6:30-7:30		6:30 PM		
7:00 PM					Swim Team 5:30-7:00		7:00 PM		
7:30 PM							7:30 PM		
8:00 PM		Swim Team 7:00-9:30		Swim Team 7:00-9:00	Open Swim 7:00-9:45		8:00 PM		
8:30 PM			Swim Team 7:00-8:30				8:30 PM		
9:00 PM							9:00 PM		
9:30 PM							9:30 PM		
9:45PM						Pool closes at 7:00 pm on Saturday	Pool closes at 5:00 pm on Sunday	10:00 PM	

Pool closes at 9:45 pm Monday thru Friday

Swimmers with shoulder length hair or longer must have their hair securely tied up or wear a swim cap

Pool Schedule is subject to change at any time

Lap swim is for ages 16 and over ONLY.

Swimmers 12 & Under must be accompanied by an adult in the water.

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