



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# **AQUATICS SCHEDULE PREVENTION PARK May**

The Frankfort YMCA Aquatics Staff is committed to providing a safe and fun environment for members of all ages to exercise, learn, and play in the pool. Our indoor facilities provide the opportunity to participate in aquatics activities year round.

## **For Our Members Safety**

- ◆ Our pools are monitored by certified lifeguards during all activities.
- ◆ Children ages 10 and under must have a parent or guardian in the pool area at all times.
- ◆ Chair lifts are available to ensure members of all abilities access to our pool.
- ◆ The pool is closed during electrical storms. It will reopen 30 minutes after the last sign of the storm.

## **Activites at a Glance**

### **Family & Open Swim**

Monday	12:00pm - 2:00pm 4:00pm - 5:00pm 7:00pm - 8:30pm
Tuesday	12:00pm - 2:00pm 4:00pm - 5:00pm 6:15pm - 8:30pm
Wednesday	12:00pm - 2:00pm 4:00pm - 5:00pm 7:00pm - 8:30pm
Thursday	12:00pm - 2:00pm 4:00pm - 5:00pm 6:15pm - 8:30pm
Friday	12:00pm - 2:00pm 4:00pm - 8:30pm
Saturday	1:15pm - 7:00pm 2-3pm Pool shared with Birthday Party
Sunday	12:00pm - 6:00pm 2-3pm Pool shared with Birthday Party

### **Lap Swim**

Monday	9:30am - 11:00am
Tuesday	11:00am - 12:00pm
Wednesday	9:30am - 11:00am
Thursday	11:00am - 12:00pm
Friday	9:30am - 11:00am

Interested in becoming a more proficient swimmer? Check out our program guide or website for a listing of swim lesson times.





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### **Monday**

Water Walk & Jog 8:30am - 9:30am  
Lap Swim & Adult Open 9:30am - 11:00am  
Aqua Fitness 11:00am - 12:00pm  
Open Swim 12:00pm - 2:00pm  
Closed 2:00pm - 4:00pm  
Family Swim 4:00pm - 5:00pm  
Swim Lessons 5:00pm - 7:00pm  
Family Swim 7:00pm - 8:30pm

### **Tuesday**

Water Walk & Jog 8:30am - 9:30am  
Adult Open 9:30am - 11:00am  
Aqua Circuit 10:00am - 11:00am  
Adult Open 11:00am - 12:00pm  
Open Swim 12:00pm - 2:00pm  
Closed 2:00pm - 4:00pm  
Family Swim 4:00pm - 5:30pm  
Arthritis Plus 5:30pm - 6:15pm  
1/2 Open  
Family Swim 6:15pm - 8:30pm

### **Wednesday**

Water Walk & Jog 8:30am - 9:30am  
Lap Swim & Adult Open 9:30am - 11:00am  
Aqua Intervals 11:00am - 12:00pm  
Open Swim 12:00pm - 2:00pm  
Closed 2:00pm - 4:00pm  
Family Swim 4:00pm - 5:00pm  
Swim Lessons 5:00pm - 7:00pm  
Family Swim 7:00pm - 8:30pm

### **Thursday**

Water Walk & Jog 8:30am - 9:30am  
Adult Open 9:30am - 11:00am  
Twinges 10:00am - 10:45am  
Adult Open 11:00am - 12:00pm  
Open Swim 12:00pm - 2:00pm  
Closed 2:00pm - 4:00pm  
Family Swim 4:00pm - 5:30pm  
Arthritis Plus 5:30pm - 6:15pm  
1/2 Open  
Family Swim 6:15pm - 8:30pm

### **Friday**

Water Walk & Jog 8:30am - 9:30am  
Lap Swim & Adult Open 9:30am - 11:00am  
Aqua Fitness 11:00am - 12:00pm  
Open Swim 12:00pm - 2:00pm  
Closed 2:00pm - 4:00pm  
Family Swim 4:00pm - 8:30pm

### **Saturday**

Aqua Fitness 9:00am - 10:00am  
Swim Lessons 10:00am - 1:15pm  
1/2 Open  
Open Swim 1:15pm - 7:00pm  
2-3pm shared with Birthday Party

### **Sunday**

Family Swim 12:00pm - 6:00pm  
2-3pm shared with Birthday Party

Only participants of the designated program are allowed in the pool during scheduled times.

Pool will be closed Sunday April 1, 2012 at 2:00pm until Sunday April, 15, 2012 for maintenance.