



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

Martinsville-Henry County Family YMCA

December 2018 Indoor Pool Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1:00P – 4:45P Adult Lap 3 Lanes	6:00A – 8:45A Adult Lap	6:00A – 8:45A Adult Lap	6:00A – 8:45A Adult Lap	6:00A – 8:45A Adult Lap	6:00A – 8:45A Adult Lap	8:00A – 4:45P Adult Lap 3 Lanes	
1:00P – 4:45P Open Swim 3 Lanes	6:00A – 7:00A Deep Water Aerobics	6:00A – 7:00A Deep Water Aerobics	6:00A – 7:00A Deep Water Aerobics	6:00A – 7:00A Deep Water Aerobics	6:00A – 7:00A Deep Water Aerobics	9:00A – 10:00A Aqua Aerobics 3 Lanes	
5:00P – 7:00P Pool Parties	9:00A – 10:00A Aquacise	9:00A – 10:00A Swimnastics	9:00A – 10:00A Aquacise	9:00A – 10:00A Swimnastics	9:00A – 10:00A Aquacise	11:00A – 12:00P Coalition 3 Lanes	
	10:00A – 11:00A Water Aerobics	10:00A – 11:00A Aquatic Strength/Stretch	10:00A – 11:00A Water Aerobics	10:00A – 11:00A Aquatic Strength/Stretch	10:00A – 11:00A Water Aerobics	12:00P – 4:45P Open Swim 3 Lanes	
<p>Class Fees</p> <p>Non-Members: \$70 for 20 Class Punch Card</p> <p>-or-</p> <p>\$4 per Class</p> <p>As always, your first class is Free!</p> <p>Schedule is subject to change to maximize pool use.</p>	11:00A – 1:00P Adult Lap 3 Lanes	11:00A – 12:00P Silver Splash 3 Lanes	11:00A – 1:00P Adult Lap 3 Lanes	11:00A – 12:00P Silver Splash 3 Lanes	11:00A – 1:00P Adult Lap 3 Lanes	5:00P – 7:00P Pool Parties	
	11:00A – 12:00P Adult Open Swim	11:00A – 1:00P Adult Lap 3 Lanes	11:00A – 12:00P Adult Open Swim	11:00A – 1:00P Adult Lap 3 Lanes	11:00A – 12:00P Adult Open Swim		
	12:00P – 1:00P Open Swim 3 Lanes	12:00P – 1:00P Open Swim 3 Lanes	12:00P – 1:00P Open Swim 3 Lanes	12:00P – 1:00P Open Swim 3 Lanes	12:00P – 1:00P Open Swim 3 Lanes		
	1:00P – 2:00P First Grade Lessons 12/3 – 12/7 12/10 – 12/14	1:00P – 2:00P First Grade Lessons 12/3 – 12/7 12/10 – 12/14	1:00P – 2:00P First Grade Lessons 12/3 – 12/7 12/10 – 12/14	1:00P – 2:00P First Grade Lessons 12/3 – 12/7 12/10 – 12/14	1:00P – 2:00P First Grade Lessons 12/3 – 12/7 12/10 – 12/14	1:00P – 2:00P First Grade Lessons 12/3 – 12/7 12/10 – 12/14	
	2:00P – 4:00P Open Swim/Adult Lap 3 Lanes	2:00P – 4:00P Open Swim/Adult Lap 3 Lanes	2:00P – 4:00P Open Swim/Adult Lap 3 Lanes	2:00P – 4:00P Open Swim/Adult Lap 3 Lanes	2:00P – 4:00P Open Swim/Adult Lap 3 Lanes	2:00P – 8:45P Adult Lap 3 Lanes	<p>Pick up a first grade learn to swim schedule at the front!</p> <p>Swim Meets: Friday, December 7 Friday, December 14 Friday, December 21</p> <p>On the Wednesday and Friday dates listed, the pool will close at 3pm and will not reopen.</p>
	4:00P – 5:30P Swim Team ALL LANES	4:00P – 5:30P Swim Team ALL LANES	4:00P – 5:30P Swim Team ALL LANES	4:00P – 5:30P Swim Team ALL LANES	4:00P – 5:30P Swim Team ALL LANES	2:00P – 5:30P Open Swim 3 Lanes	
	5:30P – 7:30P Marlins 3 Lanes	5:30P – 6:30P Marlins ALL LANES 6:30P – 7:30P 3 Lanes	5:30P – 6:30P Aqua Aerobics 3 Lanes	5:30P – 6:30P Marlins ALL LANES 6:30P – 7:30P 3 Lanes	5:30P – 6:30P Marlins ALL LANES 6:30P – 7:30P 3 Lanes	5:30P – 6:30P Stretch/Strengthen 3 Lanes	
	5:30P – 6:30P Aqua Aerobics 3 Lanes	7:15P – 8:15P Coalition 3 Lanes	5:30P – 7:30P Marlins 3 Lanes	7:15P – 8:15P Coalition 3 Lanes	7:15P – 8:15P Coalition 3 Lanes	6:30P – 7:30P Open Swim 3 Lanes	
	6:30P – 8:45P Open Swim 3 Lanes	7:30P – 8:45P Adult Lap 3 Lanes	6:30P – 8:45P Open Swim 3 Lanes	7:30P – 8:45P Adult Lap 3 Lanes	7:30P – 8:45P Adult Lap 3 Lanes	7:30P – 8:30P Canoe Club 3 Lanes	
	7:30P – 8:45P Adult Lap 3 Lanes	8:15P – 8:45P Open Swim 3 Lanes	7:30P – 8:45P Adult Lap 3 Lanes	8:15P – 8:45P Open Swim 3 Lanes			