



Mesabi Family YMCA
Pool Schedule
Summer II Session
July 19 – August 27, 2010

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|-------------------------|-------------------------|
| Lap Swim 5:30-8:30am | Lap Swim 5:30-8:30am | Lap Swim 5:30-8:30am | Lap Swim 5:30-8:30am | Lap Swim 5:30-8:30am | Lap Swim 7:00-8:30am | |
| Water Exercise 8:30-9:30am | Water Exercise 8:30-9:30am | Water Exercise 8:30-9:30am | Water Exercise 8:30-9:30am | Water Exercise 8:30-9:30am | Open 8:30am-12:00pm | |
| Adult/Family/Teen (Swim Lessons) 9:30-10:30am | Adult/Family/Teen (Swim Lessons) 9:30-10:30am | Adult/Family/Teen (Swim Lessons) 9:30-10:30am | Adult/Family/Teen (Swim Lessons) 9:30-10:30am | Adult/Family/Teen 9:30-10:30am | | |
| Camp S'more 10:30-11:30am | Camp S'more 10:30-11:30am | Camp S'more 10:30-11:30am | Camp S'more 10:30-11:30am | Camp S'more 10:30-11:30am | | |
| ½ Adult/Family/Teen & ½ Lap 11:30am-12:00pm | ½ Adult/Family/Teen & ½ Lap 11:30am-12:00pm | ½ Adult/Family/Teen & ½ Lap 11:30am-12:00pm | ½ Adult/Family/Teen & ½ Lap 11:30am-12:00pm | ½ Adult/Family/Teen & ½ Lap 11:30am-12:00pm | | |
| Lap Swim 12:00-1:00pm | Lap Swim 12:00-1:00pm | Lap Swim 12:00-1:00pm | Lap Swim 12:00-1:00pm | Lap Swim 12:00-1:00pm | | |
| Water Exercise 1:00-2:00pm | MS Water Exercise 1:00-2:00pm | Water Exercise 1:00-2:00pm | MS Water Exercise 1:00-2:00pm | Water Exercise 1:00-2:00pm | | |
| Camp S'more & Adult/Family/Teen 2:00-3:30pm | Camp S'more & Adult/Family/Teen 2:00-3:30pm | Camp S'more & Adult/Family/Teen 2:00-3:30pm | Camp S'more & Adult/Family/Teen 2:00-3:30pm | Camp S'more & Adult/Family/Teen 2:00-3:30pm | | |
| Adult/Family/Teen 3:30-4:30pm | Adult/Family/Teen 3:30-4:30pm | Adult/Family/Teen 3:30-4:30pm | Adult/Family/Teen 3:30-4:30pm | Adult/Family/Teen 3:30-4:30pm | | |
| Swim Lessons 4:30-6:00pm | Swim Lessons 4:30-6:00pm | Swim Lessons 4:30-6:00pm | ½ Open & ½ Lap 4:30-6:00pm | ½ Open & ½ Lap 4:30-6:00pm | | Open 4:00-6:00pm |
| Deep Water Exercise 6:00-7:00pm | Lap Swim 6:00-7:00pm | Deep Water Exercise 6:00-7:00pm | Lap Swim 6:00-7:00pm | Lap Swim 6:00-7:00pm | | Lap Swim 6:00-7:00pm |
| Open 7:00-8:00pm | Open 7:00-8:00pm | Open 7:00-8:00pm | Open 7:00-8:00pm | Open 7:00-8:00pm | | |
| ½ Open & ½ Lap 8:00-9:00pm | ½ Open & ½ Lap 8:00-9:00pm | ½ Open & ½ Lap 8:00-9:00pm | ½ Open & ½ Lap 8:00-9:00pm | ½ Open & ½ Lap 8:00-9:00pm | | |

Schedule subject to change based on enrollment, usage and special events.

Any schedule changes will be noted at our Member Services Desk.

Adult: 18 years & older

Adult/Family/Teen: Families, adults, and teens 13 years & older

Adult/Family/Teen & ½ Lap Swim: Families, adults, and teens 13 years & older with half the pool reserved for lap swimming

Lap Swim: All swimmers must be swimming laps

Open: All ages (youth 8 years & under must be accompanied by an adult)

½ Open & ½ Lap: All ages in half the pool with the other half reserved for lap swimming



YMCA

We build strong kids,
strong families, strong communities.

**Youth Swim Lessons will be held Monday – Thursday 9:30 – 10:15am
during the following weeks in July and August:**

July 19 – 22 & July 26 – 29

August 16 – 19 & 23 - 26