

The Meese Family  
Aquatic Center



# AQUATICS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM – 7:30 AM Open Swim Lap Swim (3 lanes)	5:00 AM – 7:30 AM Open Swim Lap Swim (3 lanes)	5:00 AM – 6:30 AM Open Swim Lap Swim (3 lanes)	5:00 AM – 7:30 AM Open Swim Lap Swim (3 lanes)	5:00 AM – 6:30 AM Open Swim Lap Swim (3 lanes)	8:00 – 6:00 Open Swim Lap Swim (2 lanes)	10:00—6:00 Open Swim Lap Swim (2 lanes)
7:30 AM–8:15 AM Fitness Class Lap Swim (1 Lane)	7:30 AM–8:00 AM Fitness Class Lap Swim (1 Lane)	7:30 AM – 8:15 AM Fitness Class Lap Swim (1 Lane)	7:30 AM – 8:30AM Fitness Class Lap Swim (1 Lane)	7:30 AM—8:30 AM Fitness Class Lap Swim (1 Lane)	<h2>Master Pool Schedule</h2> <p><b>*This schedule is effective January 1st—May 31st</b></p> <p>Swim lesson schedules with class descriptions, aquatic fitness classes with schedule and descriptions and the master pool schedule are all available at our website!</p> <div style="border: 2px solid blue; border-radius: 50%; padding: 10px; text-align: center; background-color: #0070C0; color: white;"> <p><b>PLEASE NOTE:</b> <b>ALL SCHEDULES ARE SUBJECT TO CHANGE FOR SPECIAL EVENTS.</b></p> </div> <p>Revised 12/17/2010</p> <p>Visit us at: <a href="http://www.ashlandymca.org">www.ashlandymca.org</a></p>	
8:15 AM–10:15 AM Fitness Class Only	8:00 AM—10:15 AM Fitness Class Only	8:15 AM—10:15 AM Fitness Class Only	8:00 AM—10:15 AM Fitness Class Only	8:15 AM—10:15 AM Fitness Class Only		
10:15AM–11:30AM Lessons Open Swim Lap Swim (3 Lanes)	10:15 AM—11:35 AM Lessons Open Swim Fitness Class	10:15 AM–11:30 AM Lessons Open Swim Lap Swim (3 Lanes)	10:15 AM—11:35 AM Lessons Open Swim Fitness Class	10:15 AM–11:30 AM Open Swim Lap Swim (3 Lanes)		
10:30 AM–3:30 PM Open Swim Lap Swim (3 Lanes)	11:35 AM—3:00 PM Fitness Class Open Swim Lap Swim (3 Lanes)	10:30 AM—3:30 PM Open Swim Lap Swim (3 Lanes)	11:35 AM—3:00 PM Fitness Class Open Swim Lap Swim (3 Lanes)	10:30 AM – 5:00 PM Open Swim Lap Swim (3 Lanes)		
3:30 PM—4:00 PM Lessons Open Swim Lap Swim (2 Lanes)	3:00 PM—5:00 PM Lessons Fitness Class Open Swim Lap Swim (1 Lane)	3:30 PM—4:00 PM Lessons Open Swim Lap Swim (2 Lanes)	3:00 PM—5:00 PM Lessons Fitness Class Open Swim Lap Swim (1 Lane)	5:00 PM—7:00 PM Fitness Class Open Swim Lap Swim (2 Lanes)		
4:00 PM – 5:00 PM Lessons Open Swim	5:00 PM—6:30 PM Lessons Open Swim Lap Swim (2 Lanes)	4:00 PM—5:00 PM Lessons Open Swim	5:00 PM—6:30 PM Lessons Open Swim Lap Swim (2 Lanes)	7:00 PM—9:00 PM Open Swim Lap Swim (3 Lanes)		
5:00 PM – 7:00 PM Fitness–Open–Lap (2 lanes)	6:30 PM—9:00 PM Open Swim Lap Swim (3 Lanes)	5:00 PM – 7:00 PM Fitness–Open–Lap (2 lanes)	6:30 PM—9:00 PM Open Swim Lap Swim (3 Lanes)			
7:00 PM—9:00 PM Open Swim Lap Swim (3 Lanes)		7:00 PM—9:00 PM Open Swim Lap Swim (3 Lanes)				

Children under 10 must be accompanied by an adult or enrolled in a supervised program while at the YMCA. Non-swimming children must be accompanied by an adult member while in the pool.