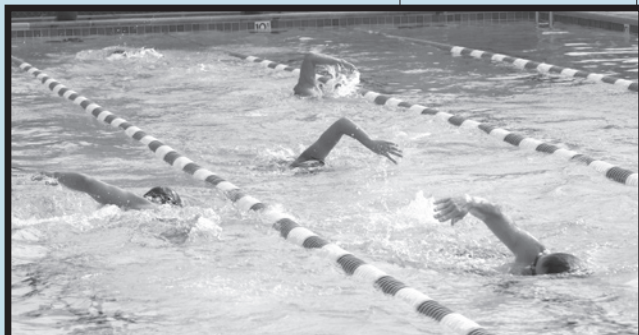


Peninsula Family YMCA · Fall 2009 Pool Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30am-7:30am	LAP SWIM				
7:30am-8:30am	LAP SWIM / AQUA FIT				
8:30am-11:00am	SENIORS (55 & UP), DISABLED SWIM, SHARP HOSPITAL, SWIM LESSONS	SENIORS (55 & UP), DISABLED SWIM, SWIM LESSONS	SENIORS (55 & UP), DISABLED SWIM, SWIM LESSONS	SENIORS (55 & UP), DISABLED SWIM, SHARP HOSPITAL, SWIM LESSONS	SENIORS (55 & UP), DISABLED SWIM, SWIM LESSONS
11:00am-12:00pm	AQUA FIT, SWIM LESSONS				
12:00pm-1:00pm	MASTERS SWIM (3 LANES) LAP SWIM (3 LANES)	LAP SWIM	MASTERS SWIM (3 LANES) LAP SWIM (3 LANES)	LAP SWIM	MASTERS SWIM (3 LANES) LAP SWIM (3 LANES)
1:00pm-2:00pm	LAP SWIM	LAP SWIM	LAP SWIM SHARP HOSPITAL (2 LANES)	LAP SWIM	LAP SWIM
2:00pm-3:00pm	LAP SWIM, FAMILY SWIM				
3:00pm-4:15pm	LAP SWIM, FAMILY SWIM, SWIM LESSONS				
4:15pm-5:45pm	POINT LOMA PORPOISES SWIM TEAM, SWIM LESSONS				
5:45pm-8:30pm	LAP SWIM, SWIM LESSONS				
6:45pm-8:30pm	FAMILY SWIM				

	SATURDAY	SUNDAY
7:00am-9:00am	LAP SWIM	Pool Opens at 10am!
9:00am-12:30pm	LAP SWIM, SWIM LESSONS, STROKE CLINIC	
12:00pm-1:30pm	LAP SWIM	LAP SWIM
1:30pm-5:30pm	LAP SWIM, FAMILY SWIM	LAP SWIM, FAMILY SWIM



Lap Swim Schedule

Lap Lanes are available at the following times:

Monday – Friday	5:30am-8:30am 12:00pm-2:00pm 2:00pm-4:15pm (limited lanes available) 5:45pm-8:30pm
Tuesday/Thursday	6:00pm-7:00pm (limited lap lanes from 6-7pm - Aquafit)
Saturday	7:00am-9:00am 9:00am-12:00pm (limited lanes available) 12:00pm-5:30pm
Sunday	10:00am-5:30pm

FEES: Members	FREE
Non-Members	\$6.00 (Daily Facility Pass)

No Lanes are available:

Monday-Friday	8:30am-11:00am (55 & Up/Rehab swimmers only)
	11:00am-12:00pm (Aquafit Only*)
	4:15pm-5:45pm (Swim Team only)

*Some lap lanes may become available late Fall/Early Winter, depending on class size. Lane sharing, and circle swimming is always encouraged and may be required.

619-226-8888