



Uiniversity Hills - Schlessman YMCA

Summer Gym Schedule: August 8th-19th

Time	Mon	Tues	Wed	Thurs.	Fri	Sat	Sun
5:00am	Open gym 5:00am - 8:45am	Open gym 5:00am - 8:45am	Open gym 5:00am - 8:45am	Open gym 5:00am - 8:45am	Open gym 5:00am - 8:45am	Open gym 7:00am - 7:45am	
5:30am							
6:00am							
6:30am							
7:00am							
7:30am	Group Exercise 8:50am - 11:45am	Group Exercise 8:50am - 1:30pm	Group Exercise 8:50am - 11:45am	Group Exercise 8:50am - 11:45am	Group Exercise 8:50am - 11:45am	Group Exercise 7:45am - 10:30am	Open gym 9:00am - 10:30am
8:00am							
8:30am							
9:00am							
9:30am							
10:00am	Camp 1:00pm-3:30pm	Camp 1:35pm - 3:25pm	Open Gym 12:00pm - 3:25pm	Open Gym 12:00pm - 3:25pm	Open gym 12:00pm - 3:25pm	Sports 10:30am - 3:00pm	Pick-up Basketball 10:30am - 12:00pm
10:30am							
11:00am							
11:30am							
12:00pm							
12:30pm	Youth Sports 3:30pm - 5:45pm	Youth Sports 3:30pm - 5:45pm	Youth Sports 3:30pm - 5:45pm	Youth Sports 3:30pm - 5:45pm	Youth Sports 3:30pm - 8:00pm		
1:00pm							
1:30pm							
2:00pm							
2:30pm							
3:00pm	Group Exercise 5:45pm - 7:15pm	Group Exercise 5:45pm - 7:15pm	Youth Sports 3:30pm - 5:45pm	Group Exercise 5:45pm - 7:00pm			
3:30pm							
4:00pm							
4:30pm							
5:00pm							
5:30pm	Youth Sports 7:30pm - 9:00pm	Youth Sports 7:30pm - 9:00pm		Youth Sports 7:30pm - 9:00pm			
6:00pm							
6:30pm							
7:00pm							
7:30pm							
8:00pm							
8:30pm							
9:00pm							

* Gym Calendar is subject to change.

OPEN GYM

RESERVED

YMCA CLOSED



University Hills-Schlessman YMCA

Summer Lap Pool Schedule :August 8th-19th

Time	Mon	Tues	Wed	Thurs.	Fri	Sat	Sun
5:00am	Lap Swim 5:00am - 8:25am	Lap Swim 5:00am - 10:25am	Lap Swim 5:00am - 8:25am	Lap Swim 5:00am - 10:25am	Lap Swim 5:00am - 10:25am	Lap Swim 7:00am - 8:25am	
5:30am							
6:00am							
6:30am							
7:00am	Deep Water Class 8:30am - 9:30am		Deep Water Class 8:30am - 9:30am			Aqua Fitness 8:30am - 9:30am	
7:30am							
8:00am							
8:30am							
9:00am	Lap Swim 9:35am - 12:55pm	Aqua Fitness 10:30am - 11:30am	Lap Swim 9:35am - 12:55pm	Aqua Fitness 10:30am - 11:30am	Aqua Fitness 10:30am - 11:30am	Lap Swim 9:35am - 12:55pm	Lap Swim 9:00am- 1:30pm
9:30am							
10:00am							
10:30am							
11:00am		Lap Swim 11:35am - 3:25pm		Lap Swim 11:35am - 3:25pm	Lap Swim 11:35am - 12:55pm		
11:30am							
12:00pm							
12:30pm							
1:00pm	Aqua Fitness 1:00pm - 2:00pm		Aqua Fitness 1:00pm - 2:00pm	Lap Swim 11:35am - 3:25pm	Aqua Fitness 1:00pm - 2:00pm	Aqua Fitness 1:00pm - 2:00pm	
1:30pm							
2:00pm							
2:30pm							
3:00pm	Lap Swim 2:05pm-8:00pm	YMCA Swim Team 3:30pm-5:30pm	Lap Swim 2:05pm-8:00pm	YMCA Swim Team 3:30pm-5:30pm	Lap Swim 2:05pm-7:45pm	Lap Swim 2:05pm - 4:30pm	
3:30pm							
4:00pm							
4:30pm							
5:00pm		Lap Swim 5:30pm - 8:00pm		Lap Swim 5:30pm - 8:00pm			
5:30pm							
6:00pm							
6:30pm							
7:00pm							
7:30pm							
8:00pm							
8:30pm							
9:00pm							

* Lap pool hours subject to change

LAP SWIM

RESERVED

POOL CLOSED



University Hills-Schlessman YMCA Family Pool Schedule : August 8th-19th

Time	Mon	Tues	Wed	Thurs.	Fri	Sat	Sun
5:00am							
5:30am							
6:00am							
6:30am							
7:00am							
7:30am						Family Swim 7:15am - 8:55am	
8:00am	Water Walking 8:00am - 11:55am	Water Walking 8:00am - 8:55am	Shandy Clinic 8:00am - 12:00pm	Water Walking 8:00am - 8:55am	Water Walking 8:00am - 8:55am		
8:30am		Arthritis 9:00am - 10:00am		Arthritis 9:00am - 10:00am			
9:00am					Camp Swim - 9:00am- 3:00pm	Swim Lessons 9:00am - 11:00am	Family Swim 9:00am-11:45am
9:30am							
10:00am		Water Walking 10:05am - 12:55pm		Water Walking 10:05am - 11:55am			
10:30am							
11:00am							
11:30am							
12:00pm	Family Swim 12:00pm - 4:15pm		Family Swim 12:05 - 1:00	Family Swim 12:05 - 1:00			
12:30pm							
1:00pm		Shandy Clinic 1:00pm - 6:00pm	Camp Swim 1:05pm - 3:00pm	Camp Swim 1:05pm - 3:00pm		Family Swim 11:05am - 2:45pm	
1:30pm							
2:00pm							
2:30pm							
3:00pm							
3:30pm			Family Swim 3:05 - 4:00				
4:00pm			Swim Lessons 4:20pm-5:30pm				
4:30pm	Swim Lessons 4:20pm-5:30pm						
5:00pm				Family Swim 3:05- 7:45pm	Family Swim 3:05- 7:45pm		
5:30pm							
6:00pm							
6:30pm	Family Swim 5:35pm - 7:45pm	Family Swim 6:05pm - 7:45pm	Family Swim 5:35pm 7:45pm				
7:00pm							
7:30pm							
8:00pm							
8:30pm							
9:00pm							

* Family pool hours subject to change

WATER WALKING/
FAMILY SWIM

RESERVED

POOL CLOSED