



YMCA AT CAROLINA CROSSING POOL OCTOBER 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 – 9:30 AM Family Swim Free Swim Water Walk	8:00 – 9:30 AM Family Swim Free Swim Water Walk	8:00 – 9:30 AM Family Swim Free Swim Water Walk	8:00 – 9:30 AM Family Swim Free Swim Water Walk	8:00 – 9:30 AM Family Swim Free Swim Water Walk	8:00 – 2:00 PM Family Swim Free Swim Water Walk	
9:30 – 10:30 AM Water Aerobics "Carolina Mermaids" w/ Gwen Water Walk	9:30 – 10:30 AM Self-Paced Water Walking/Jogging w/ Jodie Water Walk	9:30 – 10:30 AM Water Aerobics "Carolina Mermaids" w/ Gwen Water Walk	9:30 – 10:30 AM Self-Paced Water Walking/Jogging w/ Jodie Water Walk	9:30 – 10:30 AM Water Aerobics "Carolina Mermaids" w/ Jodie Water Walk		
10:30 AM – 12:00 PM Family Swim Free Swim Water Walk	10:30 AM – 12:00 PM Family Swim Free Swim Water Walk	10:30 AM – 12:00 PM Family Swim Free Swim Water Walk	10:30 AM – 12:00 PM Family Swim Free Swim Water Walk	10:30 AM – 12:00 PM Water Yoga w/ Jodie Water Walk		
12:00 PM – 1:00 PM Child Care Program Swim Family Swim Free Swim	12:00 PM – 1:00 PM Child Care Program Swim Family Swim Free Swim	12:00 PM – 1:00 PM Child Care Program Swim Family Swim Free Swim	11:30 AM – 1:00 PM Family Swim Free Swim	12:00 PM – 1:00 PM Child Care Program Swim Family Swim Free Swim		
1:00 – 4:00 PM Closed	1:00 – 4:00 PM Closed	1:00 – 4:00 PM Closed	1:00 – 4:00 PM Closed	1:00 – 4:00 PM Closed		2:00 – 5:00 PM Family Swim Free Swim Water Walk
4:00 – 5:00 PM Child Care Program Swim Family Swim Free Swim	4:00 – 6:30 PM Swim Lessons	4:00 – 5:00 PM Child Care Program Swim Family Swim Free Swim	4:00 – 6:30 PM Swim Lessons	4:00 – 5:00 PM Child Care Program Swim Family Swim Free Swim		
5:00 – 6:30 PM Family Swim Free Swim	5:00 – 6:30 PM Swim Lessons	5:00 – 6:30 PM Family Swim Free Swim	5:00 – 6:30 PM Swim Lessons	5:00 – 8:00 PM Family Swim Free Swim Water Walk		
6:30 – 7:30 PM Water Aerobics w/Margi	6:30 – 7:30 PM Water Aerobics w/ Jodie	6:30 – 7:30 PM Water Aerobics w/Margi	6:30 – 7:30 PM Water Aerobics w/ Jodie			
7:30 – 8:00 PM Family Swim Free Swim	7:30 – 8:00 PM Swim Lessons	7:30 – 8:00 PM Family Swim Free Swim	7:30 – 8:00 PM Swim Lessons			