

# Highland Family YMCA Pool Schedule



Effective Spring 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Water Wake-Up 8-8:55am	Water Wake-Up 8-8:55am	Water Wake-Up 8-8:55am	Water Wake-Up 8-8:55am	Water Wake-Up 8-8:55am	
	Family Swim 9-10am	Family Swim 9-10am	Family Swim 9-10am	Family Swim 9-10am	Pool Cleaning 9-10am	
	Highland Senior Center Only 10am-12pm	Highland Senior Center Only 10am-12pm	Highland Senior Center Only 10am-12pm	Highland Senior Center Only 10am-12pm	Highland Senior Center Only 10am-12pm	Adult Swim 10-11am
						Family Swim 11am - 1pm
	Family Swim 4-5pm	Swim Lessons 4:30-5:30pm	Family Swim 4-5pm	Swim Lessons 4:30-5:30pm		
	Swim Lessons 5-6:00pm		Swim Lessons 5-6:00pm			
	Family Swim 6-7:30pm	Family Swim 5:30-8pm	Family Swim 6-7:30pm	Family Swim 5:30-8pm		
	Power Plunge 7:35-8:30pm	Power Plunge 7:35-8:30pm				

Family Swim may be available during swim lesson times depending on swim lesson enrollment.

## WATER FITNESS CLASSES

**Water Wake-Up:** Improve your strength, flexibility and aerobic exercise, while reducing bone joint and muscle stress by 90%.

**Power Plunge:** A high energy total body work-out with increased intensity and a emphasis on water strength & toning.



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