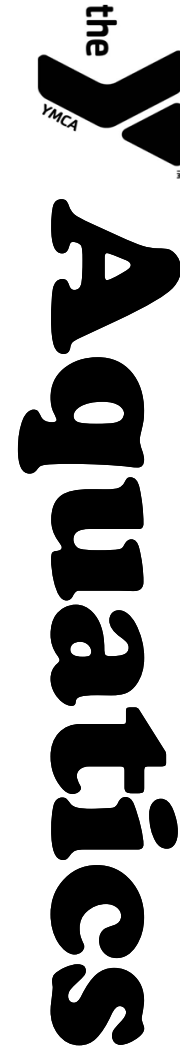


Highland Family YMCA Pool Schedule

Effective March 1, 2011

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	Water Wake-Up 8:10-8:55am
	Family Swim 1 Adult Lap Lane 9-9:45am	Water Power Plunge 9-9:45am	Family Swim 1 Adult Lap Lane 9-9:45am	Water Power Plunge 9-9:45am	Family Swim 1 Adult Lap Lane 9-9:45am	Swim Lessons 1 Adult Lap Lane 9-10:40am
	Highland Senior Center Only (HSS) 10a-12pm	Highland Senior Center Only (HSS) 10a-12:30pm	Highland Senior Center Only (HSS) 10a-12pm	Highland Senior Center Only (HSS) 10a-12:30pm	Highland Senior Center Only (HSS) 10a-12pm	Porpoise Club No Lap Lane 11:15-12:15pm
	HSS Open Swim 1 Adult Lap Lane 10:00 - 10:30	HSS Open Swim 1 Adult Lap Lane 10:00 - 10:30	HSS Open Swim 1 Adult Lap Lane 10:00 - 10:30	HSS Open Swim 1 Adult Lap Lane 10:00 - 10:30	HSS Open Swim 1 Adult Lap Lane 10:00 - 10:30	Family Swim ** 1 Adult Lap Lane 12:15-2pm
	HSS Water Aerobics 10:30 - 11:30	HSS Water Aerobics 10:30 - 11:15	HSS Water Aerobics 10:30 - 11:30	HSS Water Aerobics 10:30 - 11:15	HSS Water Aerobics 10:30 - 11:30	Pool Parties 2pm-6pm
	HSS Open Swim 1 Adult Lap Lane 11:30 12:00	HSS Water Aerobics 11:15 - 12:00	HSS Open Swim 1 Adult Lap Lane 11:30 12:00	HSS Water Aerobics 11:15 - 12:00	HSS Open Swim 1 Adult Lap Lane 11:30 12:00	
		HSS Open Swim 1 Adult Lap Lane 12:00 - 12:30		HSS Open Swim 1 Adult Lap Lane 12:00 - 12:30		
	SilverSplash® 12:30pm - 1:15pm				Cypress Elementary YSPLASH 2-3pm	
Pool Parties 1pm-3pm	Family Swim 1 Adult Lap Lane 4-5pm	Family Swim 1 Adult Lap Lane 4-5pm	Family Swim 1 Adult Lap Lane 4-5pm	Family Swim 1 Adult Lap Lane 4-5pm	Family Swim 1 Adult Lap Lane 3:30-6:30pm	
Family Swim 3pm-4:30pm	Swim Lessons One Adult Lap Lane 5-7:15pm	Swim Lessons One Adult Lap Lane 5-6:40pm	Swim Lessons One Adult Lap Lane 5-7:15pm	Swim Lessons One Adult Lap Lane 5-6:40pm		
	Water Power Plunge 7:15-8:15pm	Family Swim 1 Adult Lap Lane 6:40-8pm	Water Power Plunge 7:15-8:15pm	Family Swim 1 Adult Lap Lane 6:40-8pm		



Questions or Comments call Alli Brown Head Lifeguard at 909-425-9622 ex. 218

** Family Swim may change for Birthday Pool Party accommodations.

Highland Senior Center (HSS) - the pool is reserved for the HSS group only

WATER FITNESS CLASSES

Water Wake-Up: Flexibility and aerobic exercises using the water for resistance to improve agility and circulation.

A high energy total body work-out with increased intensity and an emphasis on water strength, fat burning & muscle toning.

SilverSplash®: Offers lots of fun and shallow water moves to

