

## ADULT LAP SWIM

Mon thru Fri	6:30 am - 9:00 am
Mon thru Fri	12:00 N - 1:30 pm
Mon, Wed & Fri	5:30 pm - 8:00 pm
Tues. & Thurs	6:00 pm - 8:30 pm
Saturday	7:00 am - 8:30 am
	1:00 pm - 2:30 pm
Sunday	9:00 am - 1:30 pm

## \*FAMILY RECREATIONAL SWIM

Friday	8:00 pm - 9:00 pm
Sunday	1:30 pm - 3:30 pm

## \*YOUTH RECREATIONAL SWIM

Wed and Fri	4:30pm - 5:30 pm
-------------	------------------

## SWIM LESSONS

### \*PRESCHOOL & YOUTH

Tues & Thurs	3pm - 6pm pm
Wednesdays	3 pm - 4:30pm
Saturdays	8:30am - 1 pm

### \*ADULT LESSONS

Tues & Thursday	
<b>Beginners</b>	8:30pm to 9:15pm
<b>Intermediate</b>	9:15pm to 10pm

### \*WATER EXERCISE

Tues & Thurs	11:30 am - 12 N
Mon. & Wed	8 pm - 9 pm

\*May be taken as a non member with a nominal fee. Please, see the front desk for more information.

# Somerville YMCA Pool Schedule



101 HIGHLAND AVENUE, SOMERVILLE, MA  
02143  
(617) 625-5050  
[WWW.SOMERVILLEYMCA.ORG](http://WWW.SOMERVILLEYMCA.ORG)

# Somerville YMCA Pool Schedule Fall 2011

## WEEKDAY HOURS

Hours	Monday	Tuesday	Wednesday	Thursday	Friday
6:30am to 9 am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
10am to 11 am	Maintenance	Maintenance	Preschool	Maintenance	Preschool
11:30am to 12 pm		Water Exercise	Maintenance	Water Exercise	Maintenance
12pm to 1:30 pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
3pm to 4:30 pm	Maintenance	Swim Lessons	Swim Lessons	Swim Lessons	SACC
3pm to 6 pm		Swim Lessons		Swim Lessons	
4:30pm to 5:30 pm		Swim Lessons	Youth Rec. Swim	Swim Lessons	Youth Rec. Swim
5:30pm to 6 pm	Lap Swim	Swim Lessons	Lap Swim	Swim Lessons	Lap Swim
5:30pm to 8:00 pm	Lap Swim		Lap Swim		Lap Swim
6:00pm to 8:30 pm		Lap Swim		Lap Swim	
8:00pm to 9 pm	Water Fitness		Water Fitness		Family Swim
8:30 pm to 10 pm		Adult Lessons		Adult Lessons	

## WEEKEND HOURS

Hours	Saturday	Hours	Sunday
7 to 8:30 am	Lap Swim	10am to 1:30 pm	Lap Swim
8:30am to 1 pm	Swim Lessons	1:30 to 3:30 pm	Family Swim
1 to 2:30 pm	Lap Swim		

