

# the AQUATICS SCHEDULE

SUNDAY JULY 15TH TO SATURDAY AUGUST 17TH

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## MONDAY

### Lap swim:

5:00am—6:45pm (6 lanes)  
6:45pm—7:30pm (4 lanes)  
7:30pm—8:30pm (6 lanes)

### Notable activities:

Stretch and Tone 6:45pm-7:30pm

### Rec Pool Open:

5:00am-8:30pm

## THURSDAY

### Lap swim:

5:00am—7:00am (6 lanes)  
7:00am—7:45am (4 lanes)  
7:45am—10:00am (6 lanes)  
10:00am—12:00pm (2 lanes)  
12:00pm—2:00pm (6 lanes)  
2:00pm—4:00pm (2 lanes)  
4:00pm—8:30pm (6 lanes)

### Notable activities:

Stretch and Tone 7:00-7:45am  
SAW 10am-12pm and 2pm-4pm

### Rec Pool Open:

5:00am-10:00am  
12:00pm-2:00pm  
4:00pm-8:30pm

## TUESDAY

### Lap swim:

5:00am—7:00am (6 lanes)  
7:00am—7:45am (4 lanes)  
7:45am—10:00am (6 lanes)  
10:00am—12:00pm (2 lanes)  
12:00pm—2:00pm (4 lanes)  
2:00pm—3:30pm (2 lanes)  
3:30pm—5:00pm (6 lanes)  
5:00pm—7:30pm (4 lanes)  
7:30pm—8:30pm (6 lanes)

### Notable activities:

SAW 10:00-12:00 and 2:00-4:00  
Stretch and Tone 7:00am-7:45am

### Rec Pool Open:

5:00am-10:00am  
12:00pm-2:00pm  
3:30pm-5:00pm  
7:30pm-8:30pm

## FRIDAY

### Lap swim:

5:00am—10:00am (6 lanes)  
10:00am—12:00pm (4 lanes)  
12:00pm—1:00pm (6 lanes)  
1:00pm—3:00pm (4 lanes)  
3:00pm—7:30pm (6 lanes)

### Notable activities:

Longwood Day Camp 10-12 and 1-3pm

### Rec Pool Open:

5:00am-10:00am  
12:00pm-1:00pm  
3:00pm-7:30pm

## WEDNESDAY

### Lap swim:

5:00am—10:00am (6 lanes)  
10:00am—12:00pm (4 lanes)  
12:00pm—1:00pm (6 lanes)  
1:00pm—3:00pm (4 lanes)  
3:00pm—6:00pm (6 lanes)  
6:00pm—7:30pm (4 lanes)  
6:45pm—8:30pm (6 lanes)

### Notable activities:

Firestone Day Camp 10-12 and 1-3pm  
Stretch and Tone 6:45-7:30pm  
Aqua Zumba 6:00-6:45pm

### Rec Pool Open:

5:00am-10:00am  
12:00pm-2:00pm  
4:00pm-8:30pm

## SATURDAY

### Lap swim:

7:00am—4:30pm (6 lanes)  
9:00am—11:30am (4 lanes)  
11:30am—4:30pm (6 lanes)

### Notable activities:

Swim Lessons 9am-11:30am

### Rec Pool Open:

7:00am—9:00am  
11:30am—4:30pm

## SUNDAY

### Lap Swim:

12:15pm—4:30pm (6 lanes)

### Rec Pool Open:

12:15pm-4:30pm

[akronymca.org](http://akronymca.org)

The Y strives to make programs and membership available to all. Financial assistance may be available to those who qualify.

Kohl Family YMCA (330) 434-9622

Mission: To put Christian principles into practice through programs that build a healthy spirit, mind and body for all.

Connect with us!



