



Luter Family YMCA

May 2008

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CLOSED	5:30 - 8:30 Laps	5:30 - 8:30 Laps	5:30 - 8:30 Laps	5:30 - 8:30 Laps	5:30 - 8:30 Laps	
	8:30-9:30 Arthritis/ Laps	8:30-9:30 Laps	8:30-9:30 Laps	8:30-9:30 Arthritis Laps	8:30-9:30 Laps	8:00 - 9:00 Laps
	9:30 - 10:30 Shallow Water/ Adult Laps	9:30 - 10:30 Adult Laps	9:30 - 10:30 Shallow Water/ Adult Laps	9:30 - 10:30 Deep Water/ Adult Laps	9:30 - 10:30 Shallow Water/ Adult Laps	9:00 - 10:30 Laps/ Lessons
	10:30 - 12:00 Laps/Open	10:30 - 12:00 Laps/Rentals	10:30 - 12:00 Laps/Open	10:30 - 12:00 Laps/Rentals	10:30 - 12:00 Laps/Open	10:30 - 12:00 Laps/ Lessons
	12:00 - 1:00 Laps/ Open	12:00 - 1:00 Laps/ Open	12:00 - 1:00 Laps/ Open	12:00 - 1:00 Laps/ Open	12:00 - 1:00 Laps/ Open	12:00 - 1:00 Laps/ Open
1:00-4:30 Laps/ Open	1:00 - 3:00 Laps/ Open	1:00 - 3:00 Laps/ Open	1:00 - 3:00 Laps/ Open	1:00 - 3:00 Laps/ Open	1:00 - 3:00 Laps/ Open	1:00 - 3:00 Laps/ Open
CLOSED 4:30	3:00 - 5:00 Laps/ open	3:00 - 5:00 Laps/ open	3:00 - 5:00 Laps/ open	3:00 - 5:00 Laps/ open	3:00 - 5:00 Laps/ open	3:00 - 4:30 Laps/ Open
	5:00 - 6:30 Laps/ Lessons	5:00 - 6:30 Laps/Open/ Lessons	5:00 - 6:30 Laps/ Lessons	5:00 - 6:30 Laps/Open/ Lessons	5:00 - 6:00 Laps/ Open	CLOSED 4:30
	6:30 - 7:30 Lessons Adult laps	6:30 - 7:30 Adult Laps/ Stroke Clinic	6:30 - 7:30 Deep Water/ Lessons/ Adult laps	6:30 - 7:30 Adult Laps/ Stroke Cline	6:00 - 7:30 Laps/ Open	
	7:30 - 8:30 Laps/ Open	7:30 - 8:30 Laps/ Open	7:30 - 8:30 Laps/ Open	7:30 - 8:30 Laps/ Open	7:30 - 8:30 Laps/ Open	
	8:30 - 9:30 Laps/ Open	8:30 - 9:30 Laps/ Open	8:30 - 9:30 Laps/ Open	8:30 - 9:30 Laps/ Open	8:30 - 9:30 Laps/ Open	

A branch of the Peninsula Metropolitan YMCA

* **Adult laps** - MUST be atleast 13 yrs of age and continuously doing laps during these times. If there is more than one lap swimmer at any time in all the lanes, proper swim etiquette is to circle swim.

** Please see back side for open swim schedule and a description of water aerobics classes.