



NEWPORT NEWS FAMILY YMCA

June 16 - August 31, 2008

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CLOSED	ADULT LAPS 5:30-8:00	ADULT LAPS 5:30-8:00 Shallow Water Aerobics 6:30-7:30	ADULT LAPS 5:30-8:00	ADULT LAPS 5:30-8:00 Shallow Water Aerobics 6:30-7:30	ADULT LAPS 5:30-8:00	ADULT LAPS 8:00-8:45
	Swimnastics 8:00-9:00 Deep Water Aerobics 8:00-9:00	Deep Water Aerobics 8:00-9:00 1 LAP LANE	Swimnastics 8:00-9:00 Deep Water Aerobics 8:00-9:00	Deep Water Aerobics 8:00-9:00 1 LAP LANE	Swimnastics 8:00-9:00 Deep Water Aerobics 8:00-9:00	SWIM Lessons 1 LAP LANE 8:45-9:30
	Swim Lessons 9:00-10:30 1 Adult LAP LANE	Swim Lessons 9:00-10:30 1 Adult LAP LANE	Swim Lessons 9:00-10:30 1 Adult LAP LANE	Swim Lessons 9:00-10:30 1 Adult LAP LANE	Pool Maintenance CLOSED 9:00-10:30	SWIM Lessons 1 LAP LANE 9:30-10:15
	Aqua-Pilates 3 Lap Lanes 10:30 - 11:30	YMCA Day Care 10:30-11:30 2 Lap Lanes 10:30 - 11:30	Aqua-Pilates 3 Lap Lanes 10:30 - 11:30	YMCA Day Care 10:30-11:30 2 Lap Lanes 10:30 - 11:30	Aqua-Pilates 3 Lap Lanes 10:30 - 11:30	SWIM Lessons 1 LAP LANE 10:15-11:00
	ADULT LAPS 11:30-12:00	ADULT LAPS 11:30-12:00	ADULT LAPS 11:30-12:00	ADULT LAPS 11:30-12:00	ADULT LAPS 11:30-12:00	3 OPEN SWIM 3 LAPS 11:00-12:00
ADULT LAPS 1:00-2:00	YMCA Day Camp 12:00-3:00	YMCA Day Camp 12:00-3:00	YMCA Day Camp 12:00-3:00	YMCA Day Camp 12:00-3:00	YMCA Day Camp 12:00-3:00	ADULT LAPS 12:00-1:00
4 FAMILY SWIM SLIDE-UP 2 LAP LANES 2:00-4:30	4 OPEN SWIM 2 LAPS 3:00-4:30	4 OPEN SWIM 2 LAPS 3:00-4:30	4 OPEN SWIM 2 LAPS 3:00-4:30	4 OPEN SWIM 2 LAPS 3:00-4:30	4 OPEN SWIM 2 LAPS 3:00-4:30	4 FAMILY SWIM SLIDE-UP 1:00 - 4:30
ADULT LAPS 4:30-5:30	2 TEEN LAPS 4 ADULT LAPS 4:30-5:30	ADULT LAPS 4:30-5:30	2 TEEN LAPS 4 ADULT LAPS 4:30-5:30	ADULT LAPS 4:30-5:30	2 LAP LANES 1:00-4:30	
Swim Lessons 1 Lap Lane 5:30-7:00	2 ADULT LESSONS 2 Lap Lanes 5:30-7:00	Swim Lessons 1 Lap Lane 5:30-7:00	2 Private lessons 2 Lap Lanes 5:30-7:00	Swim Lessons 1 Lap Lane 5:30-7:00		
4 OPEN SWIM 2 LAPS 7:00 - 7:30	Deep Water Aerobics Swimnastics 7:00-8:00	4 OPEN SWIM 2 LAPS 7:00 - 8:30	Deep Water Aerobics Swimnastics 7:00-8:00	4 OPEN SWIM 2 LAPS 7:00-9:00		
2 Lap Lanes Aqua-Pilates 7:30-8:30 Scuba 9:00-11:00	4 OPEN SWIM 2 LAPS 8:00-8:30 Scuba 9:00-11:00	2 lap Lanes 7:00 - 8:30 Scuba 9:00-11:00	4 OPEN SWIM 2 LAPS 8:00-8:30 Scuba 9:00-11:00	FAMILY SWIM SLIDE-UP 7:00 - 9:00 2 LAP LANES		

A branch of the Peninsula Metropolitan YMCA

Revised: 2/27/08

**7827 Warwick Blvd.
Newport News, VA 23607
757-245-0047**

***7827 Warwick Blvd.
Newport News, VA 23607
757-245-0047***