



Park Cities YMCA

Seay Natatorium Fall 2010 Schedule • Effective August 30 - October 3, 2010 • www.pcmca.org

Revised 08/30/10

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-7:30am Adult Lap Swim	5:30-7:30am Adult Lap Swim	5:30-6:15am Adult Lap Swim 6:15-7:05am H ₂ O F.I.T./ Run Adult Lap Swim**	5:30-7:30am Adult Lap Swim	5:30-6:10am Adult Lap Swim 6:15-7:05am H ₂ O F.I.T./ Run Adult Lap Swim**		
7:30-8:25am Adult Lap Swim**** 2 Open Lanes	7:30-8:25am Adult Lap Swim**** 2 Open Lanes	7:05-8:25am Adult Lap Swim**** 2 Open Lanes	7:30-8:25am Adult Lap Swim**** 2 Open Lanes	7:05-8:25am Adult Lap Swim**** 2 Open Lanes	7:00-8:25am Adult Lap Swim**** 2 Open Lanes	
8:30-9:15am Shallow H ₂ O Works Deep H ₂ O Works	8:30-9:15am Combo H ₂ O Works	8:30-9:15am Shallow H ₂ O Works Deep H ₂ O Works	8:30-9:15am Deep H ₂ O Works	8:30-9:15am Shallow H ₂ O Works Deep H ₂ O Works	8:30-9:15am Combo H ₂ O Works Adult Lap Swim*	
9:15-10:00am Deep H ₂ O Works 9:20-10:00am Balance & Strength	9:15-10:00am Deep H ₂ O Works 9:30-10:00 Parent Child Class	9:15-10:00am Deep H ₂ O Works 9:20-10:00am Ai - Chi	9:15-10:00am Deep H ₂ O Works 9:30-10:00 Parent Child Class	9:15-10:00am Deep H ₂ O Works	9:15-10:00am H ₂ O F.I.T.	
10:00-10:45am Age 55+ Lap Swim**** 2 Open Lanes	10:00-10:45am Arthritis Aquatics	10:00-10:45am Age 55+ Lap Swim**** 2 Open Lanes	10:00-10:45am Arthritis Aquatics	10:00-10:45am Age 55+ Lap Swim**** 2 Open Lanes	10:00-10:30am Adult Lap Swim**** 2 Open Lanes	
10:45-11:30am Adult Lap Swim*** 3 Open Lanes	10:45-11:30am Age 55+ Swim Lap**** 2 Open Lanes	10:45-11:30am Adult Lap Swim*** 3 Open Lanes	10:45-11:30am Age 55+ Lap Swim**** 2 Open Lanes	10:45-11:30am Adult Lap Swim*** 3 Open Lanes	10:30-12:00pm Swim Lessons Adult Lap Swim**	2:00-3:15pm Adult Lap Swim**** 2 Open Lanes
11:30-1:00pm Adult Lap Swim	11:30-12:30pm Adult Lap Swim 12:30-1:00pm Adult Lap Swim**** 2 Open Lanes	11:30-1:00pm Adult Lap Swim	11:30-12:30pm Adult Lap Swim 12:30-1:00pm Adult Lap Swim**** 2 Open Lanes	11:30-1:00pm Adult Lap Swim	12:00-4:30pm Family Swim*** Adult Lap Swim*** 4:30-5:45pm Adult Lap Swim	3:15-4:45pm Adult Lap Swim*** Family Swim***
1:00-1:55pm Adult Lap Swim*** 3 Open Lanes	1:00-1:55pm Adult Lap Swim*** 3 Open Lanes	1:00-1:55pm Adult Lap Swim*** 3 Open Lanes	1:00-1:55pm Adult Lap Swim*** 3 Open Lanes	1:00-1:55pm Adult Lap Swim*** 3 Open Lanes		
2:00-2:45pm Arthritis Aquatics	2:00-3:00pm Adapted Swim Adult Lap Swim*	2:00-2:45pm Arthritis Aquatics	2:00-3:00pm Adapted Aquatics Adult Lap Swim*	2:00-2:45pm Arthritis Aquatics		
2:45-3:30pm Adult Lap Swim*** 2 Open Lanes Swim Lessons	3:00-3:30pm Adult Lap Swim*** 2 Open Lanes Swim Lessons	2:45-3:30pm Adult Lap Swim*** 2 Open Lanes Swim Lessons	3:00-3:30pm Adult Lap Swim*** 2 Open Lanes Swim Lessons	2:45-3:30pm Adult Lap Swim*** 2 Open Lanes Swim Lessons	There will be no lap swim during these times for the duration of summer.	
3:30-6:30pm Swim Team Swim Lessons	3:30-6:00pm Swim Team Swim Lessons 6:00-6:45pm H ₂ O Aerobics**** Swim Team*	3:30-6:30pm Swim Team Swim Lessons	3:30-6:00pm Swim Team Swim Lessons 6:00-6:45pm H ₂ O Aerobics**** Swim Team*	3:30-6:30pm Swim Team Swim Lessons 6:30-7:45pm Family Swim*** Adult Lap Swim***		
6:30-7:20pm H ₂ O F.I.T./ Deep	6:45-7:30pm Adult Lap Swim*** Family Swim***	6:30-7:20pm H ₂ O F.I.T./ Deep	6:45-7:30pm Adult Lap Swim*** Family Swim***	*: Number of Lanes available during Adult Lap Swim		
7:30-8:45pm Adult Lap Swim	7:30-8:45pm Adult Lap Swim	7:30-8:45pm Adult Lap Swim	7:30-8:45pm Adult Lap Swim			

Age 55+ Lap Swim is reserved for people age 55 and over. This allows for our Active Older Adults to work at a pace that will meet their needs and goals to improve their quality of life.

Lap lanes may be available during water classes if there are less than 15 people in the pool during the class.

Children **under** the age of 8 must be accompanied by an adult (16+) in the pool area, and children **under** the age of 6 must have an adult in the water with them at all times.

