



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LAP POOL SCHEDULE

EAST COMMUNITIES YMCA

	Monday	Tuesday	Wednesday	Thursday	Saturday	Sunday
Fall 2011	9:30-10:30 Aqua fitness		9:30-10:30 Aqua Fitness		9-9:40am Pike Swim Lessons	
					9:30-10:10am Polliwog Swim Lessons	
					10:00-11:00 Aqua Fitness	
					11:15am – 12pm Adult Swim Lessons/Beginner	

The Lap Pool is open 5:30am – 8:30pm.

A minimum of two lanes always open!

Our Values:

Caring, Respect, Faith, Responsibility, Honesty
The mission of the YMCA of Austin is to put Christian principles into practice through programs that build healthy spirit, mind and body for all.

5:30-6:10
Pike Swim Lessons

5:30-6:10
Pike Swim Lessons

6:00-7:00
Masters Swim

6 – 7:15pm
Swim League

6:00-7:00
Masters Swim

6:15-7:15
Aqua Fitness (thru Labor Day)

6:15-7:15
Aqua Fitness (thru Labor Day)

7:15-8:00
Adult Swim Lessons/Beginner

East Communities Y

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