



Dancel Family Center Y

**** 1 Sunday per month there will be a SCUBA class from 1-5:30 pm; rec swim will be cancelled.**

DWJ= Deep Water Jog class

Children 7 and under must be accompanied by an adult in the water

Children 10 and under are not permitted in the pool without parental supervision

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NOTE: The pool area always closes 15 minutes prior to center closing.	LAP (6)	LAP (6) (5:30-6:15)	LAP (6)	LAP (6) (5:30-6:15)	LAP (6)	
	(5:30-6:45)	LAP (1)	(5:30-6:45)	LAP (1)	(5:30-6:45)	LAP (3)
		ADULT IV LESSON (5) (6:15-7:15)		ADULT IV LESSON (5) (6:15-7:15)		WALK (1)
	LAP (5)		LAP (5)		LAP (5)	LESSON (2) (7:00 -9:00)
	WALK (1) (6:45 -7:30)	LAP (5) WALK (1)	WALK (1) (6:45 -7:30)	LAP (5) WALK (1)	WALK (1) (6:45 -7:30)	
	LAP (5) WALK (1) (7:30 -9:00)	(7:15-9:00)	LAP (5) WALK (1) (7:30 -8:30)	(7:15-9:00)	LAP (5) WALK (1) (7:30 -9:00)	DWJ/LESSON (3)
LAP (2)						ADT LAP (1)
WF COMBO (4) (9:00-10:00)	LAP (3) DWJ (3) (9:00-9:45)	LAP (2) DWJ (4) (9:00-9:45)		LAP (2) DWJ (4) (9:00-9:45)		LESSONS (2) (9:00-9:45)
		CAMP (3) WF COMBO (3) (9:45-11:00)	BOOTCAMP(2) DWJ (4) (8:30-9:45)	CAMP (3) WF COMBO (3) (9:45-11:00)	LAP (2) DWJ (4) (9:00-9:45)	
LAP (3) LESSON (3) (10:00-12:30)	CAMP (3) WF COMBO (3) (9:45-11:00)		CAMP (3) (9:45-11:00)		CAMP (3) WF COMBO (3) (9:45-11:00)	LAP (3)
LAP (2) LESSON (4) (12:30-1:25)	LAP (3) CAMP (3) (11:00-3:30)	LAP (3) (11:00-2:30) CAMP (3) (11:00-3:30) O.BROWN(2) (2:30-3:30) SWIM TEAM (4) LAP (2) (3:30 -5:00)	LAP (3) CAMP (3) (11:00-3:30) SWIMTEAM (4) LAP (2) (3:30 -5:15)	CAMP (3) (11:00-3:30) SWIM TEAM (4) LAP (2) (3:30 -5:15)	LAP (3) (11:00-2:30) CAMP (3) (11:00-3:30) OWEN BROWN (2) (2:30-3:30)	LESSONS (3) (9:45-2:00)
LAP (4)	SWIMTEAM (4) LAP (2) (3:30 -5:00)	SWIM TEAM (5) LAP (1) (5:15 -6:30)		SWIM TEAM (5) LAP (1) (5:15 -6:30)		
IND. LESSON (1)			SWIMTEAM (5) LAP (1) (5:15 -6:30)		SWIMTEAM (4) LAP (2) (3:30 -5:15)	
REC (1)** (1:30-6:45)	SWIMTEAM (5) LAP (1) (5:15 -6:30)	DWJ/REC (3)* LAP (2) LESSONS (1) (6:30-7:30)		DWJ/REC (3)* LAP (2) LESSONS (1) (6:30-7:30)		LAP (4)
	AQUA ZUMBA (4) LAP (1) IND. LESSON (1) (6:45 -7:30)		REC (2) (6:30 -7:30)		LAP (3) IND. LESSON (1) REC (2) (6:30 -7:30)	IND. LESSON (1)
		LAP (3) LESSONS (3) (7:30 -8:30)	WALK (1) LESSONS (1) (7:30-9:45)	LAP (3) LESSONS (3) (7:30 -8:30)		REC (1) (2:00-6:45)
	LAP(5) WALK(1) 7:30 -9:45	MASTERS (6) (8:30-9:45)		MASTERS (6) (8:30-9:45)	LAP(5) WALK(1) 7:30 -9:45	
SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE						