

YAQUATICS

We build strong kids, strong families, strong communities

COPPELL FAMILY YMCA
146 Town Center Blvd. Coppell, TX 75019
972-393-5121 www.coppellymca.org

August 23, 2010 - January 3, 2011

YMCA	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
5:00am	Lap Swim Only (5am-6:30am)	Lap Swim Only (5am-6:30am)	Lap Swim Only (5am-6:30am)	Lap Swim Only (5am-6:30am)	Lap Swim Only (5am-6:30am)			
6:30am	CHS Team Only (6:30am-9:00am)	CHS Team Only (6:30am-9:00am)	CHS Team Only (6:30am-9:00am)	CHS Team Only (6:30am-9:00am)	CHS Team Only (6:30am-9:00am)	7:00am	Lap Swim Only 7:00am-7:30am	
9:00am	Aquacise 1 lap lane open (9am-10am)	Aquacise 1 lap lane open (9am-10am)	Aquacise 1 lap lane open (9am-10am)	Aquacise 1 lap lane open (9am-10am)	Aquacise & Deep Water 1 lap lane open (9am-10am)	7:30am	YMCA Swim Team 2 Lap Lane Open (7:30am-9:30am)	
9:30am		Deep Water (9:30am-10:30am)		Deep Water (9:30am-10:30am)		9:30am	Aquacise 1 Lap Lane Open (9:30am-10:30am) Swim Lessons	
10:00am	Smooth Moves 1 lap lane open (10am-11am)	Smooth Moves 1 lap lane open (10am-11am)	Smooth Moves 1 lap lane open (10am-11am)	Smooth Moves 1 lap lane open (10am-11am)	Smooth Moves 1 lap lane open (10am-11am)			
11:00am	Swim Lessons 3 Lap Lane Open (11am-12pm)	Swim Lessons 3 Lap Lane Open (11am-12pm)	Swim Lessons 3 Lap Lane Open (11am-12pm)	Swim Lessons 3 Lap Lane Open (11am-12pm)	Swim Lessons 3 Lap Lane Open (11am-12pm)	10:30am	Swim Lessons 1 Lap Lane Open (10:30am-12pm)	
Noon	Lap Swim Only (12pm-1pm)	Lap Swim Only (12pm-1pm)	Lap Swim Only (12pm-1pm)	Lap Swim Only (12pm-1pm)	Lap Swim Only (12pm-1pm)	12:00pm	Family Swim 3 lap lanes open Private Lessons (12:45pm-5:45pm)	Family Swim 3 lap lanes open Private Lessons (12pm-5:45pm)
1:00pm	3 lap lanes open Swim Lessons (1pm-3:00pm)	1 lap lane open Universal Academy (1pm-3:00pm)	3 lap lanes open Swim Lessons (1pm-3:00pm)	1 lap lane open Universal Academy (1pm-3:00pm)	3 lap lanes open Swim Lessons (1pm-3:00pm)			
3:00pm	CHS Team Only (3:00pm-4:10pm)	CHS Team Only (3:00pm-4:10pm)	CHS Team Only (3:00pm-4:10pm)	CHS Team Only (3:00pm-4:10pm)	CHS Team Only (3:00pm-4:10pm)			
4:10pm	YMCA Swim Team 1 Lap Lane Open (4:10pm-6:00pm)	YMCA Swim Team 1 Lap Lane Open (4:10pm-6:00pm)	YMCA Swim Team 1 Lap Lane Open (4:10pm-6:00pm)	YMCA Swim Team 1 Lap Lane Open (4:10pm-6:00pm)	YMCA Swim Team 1 Lap Lane Open (4:10pm-6:00pm)			
6:00 to 7:20pm	Swim Lessons 1 Lap Lane Open (6pm-7:20pm)	Swim Lessons 1 Lap Lane Open (6pm-7:20pm)	Swim Lessons 1 Lap Lane Open (6pm-7:20pm)	Swim Lessons 1 Lap Lane Open (6pm-7:20pm)		Family Swim 3 lap lanes open Swim Lessons (6pm - 7:45pm)		
7:20 to 8:15pm	Deep Water Aerobics Family Swim (Shallow Only) Swim Lessons Level 2 B 1 Lap Lane Open (7:20pm-8:15pm)	Aquacise Swim Lessons 1 Lap Lane Open Level 1 B (7:20pm-8:15pm)	Deep Water Aerobics Family Swim (Shallow Only) Swim Lessons Level 2 B 1 Lap Lane Open (7:20pm-8:15pm)	Aquacise Swim Lessons 1 Lap Lane Open Level 1 B (7:20pm-8:15pm)				
8:15 to 9:15 pm	Lap Swim Swim Lessons (8:15pm-9:15pm)	Lap Swim Swim Lessons (8:15pm-9:15pm)	Lap Swim Swim Lessons (8:15pm-9:15pm)	Lap Swim Swim Lessons (8:15pm-9:15pm)		Financial assistance is available, please ask for details.		

****** Please check entrances for monthly closings or changes in schedule. ******
Schedule is subject to change.