



Pool Schedule
Pool @ Fayette County Family YMCA
 November 6th - December 31

P.O. Box 1021
 WASHINGTON COURT
 HOUSE, OH 43160
 (740) 335-0477

	MON	TUE	WED	THU	FRI	SAT	SUN
6am	Adult Lap 4 Lns & Water Walking 2 Lns 6am - 9:20am		Adult Lap 4 Lns & Water Walking 2 Lns 6am - 9:20am		Adult Lap 4 Lns & Water Walking 2 Lns 6am - 9:20am		
7am						Adult Lap & Open Swim 7am - 4:30pm	
8am				Adult Lap & Open Swim 8:30am - 11:30am		Pool Closed 9:00-2:00 Sat, Nov 18 & Dec 2 For YMCA Swim Meets	
9am	Silver Splash & 2 Lap Lanes Kalyn A 9:30am - 10:20am		Silver Splash & 2 Lap Lanes Kalyn A 9:30am - 10:20am		Silver Splash & 2 Lap Lanes Kalyn A 9:30am - 10:20am		
10am	Adult Lap & Open Swim 10:30am - 1pm	Y-Aquafit TBA_ 10:00am - 11:05am	Adult Lap & Open Swim 10:30am - 1pm		Adult Lap & Open Swim 10:30am - 1pm	Open Swim will follow until 4:30pm	
1pm				Closed Dec 14 & 21 For High School Meet 3:30-8:00pm			Adult Lap & Open Swim 1pm - 4:30pm
3pm	High School Swim Teams & 2 Adult Lap 3:30pm - 5:30pm	High School Swim Teams & 2 Adult Lap 3:30pm - 5:30pm	High School Swim Teams & 2 Adult Lap 3:30pm - 5:30pm	High School Swim Teams & 2 Adult Lap 3:30pm - 5:30pm	High School Swim Teams & 2 Adult Lap 3:30pm - 5:30pm		
5pm	Swim Team Practice 5:30pm - 6:30pm	Deep Water X & 2 Lap Lns & Open Swim Brenda Ingram 5:30pm - 6:30pm	Swim Team Practice 5:30pm - 6:30pm	Adult Lap & Open Swim 5:30pm - 9pm	Swim Team Practice 5:30pm - 6:30pm		
6pm	Adult Lap & Open Swim 6:30pm - 9pm	Adult Lap & Open Swim 6:30pm - 9pm	Adult Lap & Open Swim 6:30pm - 9pm		Adult Lap & Open Swim 6:30pm - 9pm		

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.

Pool Closed for swim meets the following dates and times:

Saturday, Novemer 18 and Dec 2 9:00-2:00 for YMCA Tsunami Meets

Thursday December 14 and 21 3:30-8:00 for Miami Trace and WCH High School meets. Pool will also be closed January 2, 16, and 23 for High School meets.



Class Descriptions Fayette County Family YMCA

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Adult Lap & Open Swim - 2 Adult Lap Lanes and 4 Lanes of Open Swim

Deep Water X & 2 Lap Lns & Open Swim - A low-impact class that packs a wallop. This class uses functional exercises for the upper and lower body, while targeting your abs, glutes, and obliques. All levels and ages welcomed. Open Swim in 4 Lanes of shallow end of pool.

Silver Splash & 2 Lap Lanes - Lots of fun shallow water moves to improve agility, flexibility and cardiovascular endurance.

Swim Team Practice - YMCA Youth Swim Team

Y-Aquafit - An active class working on joint movements & balance with slow and steady movements promoting flexibility & coordination.