



Chilliwack Family YMCA

We build strong kids,
strong families, strong communities.

Chilliwack Family YMCA Cheam Centre

Pool Schedule April 28- June 29, 2008

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lane Swim 6:30-8:10 am	Lane Swim (3 lanes) 6:30-8:10 am	Lane Swim 6:30-8:10 am	Lane Swim (3 lanes) 6:30-8:10 am	Lane Swim 6:30-8:10 am		Levels 1 = mild 2 = moderate (low impact) 3 = moderate/ intense (low/high impact) 4 = Intense
Aquafit ³ 8:10-8:55 am	Aquafit ³ 8:10-8:55 am	Aquafit ³ 8:10-8:55 am	Aquafit ³ 8:10-8:55 am	Aquafit ³ 8:10-8:55 am	Synchro 7:00-10:00 am	
Aquafit ³ 9:00-9:45 am	School lessons 9:00-12:15 pm	Aquafit ³ 9:00-9:45 am	School Lessons 9:00-12:15 pm	Aquafit ³ 9:00-9:45 am	Swim Lessons 9:00-1:00 pm	
School Lessons 9:45-11:15	Deep Water Aquafit ⁴ 12:20-1:05 pm	School Lessons 9:45-11:15	Deep Water Aquafit ⁴ 12:20-1:05 pm	Swim lessons 9:45-11:00 am		
Lane/Open Swim (2 lanes) 11:15-1:00 pm June 9-16 11:45-1:00	Lane Swim (2 lanes) 12:15-1:15 pm Aquafit ¹ 12:20-12:50 pm	Lane/Open Swim (2 lanes) 11:15-1:00 pm June 4-18 11:45-1:00	Lane Swim (2 lanes) 12:15-1:15 pm Aquafit ¹ 12:20-12:50 pm	Lane/Open Swim (2 lanes) 11:00-1:00 pm	Lane Swim (3 lanes) 12:00-1:00 pm	Lane Swim (3 lanes) 12:00-1:00 pm
Water Running Aquafit ⁴ 1:00-1:45 pm	Seniors Aquafit ² 1:15-2:00 pm	Water Running Aquafit ⁴ 1:00-1:45 pm	Seniors Aquafit ² 1:15-2:00 pm	Rental Space Available 1:00-2:30 pm	Open Swim (Theme swim) 1:00-3:00 pm	Open Swim (Theme swim) 1:00-3:00 pm
Loonie/Toonie Swim 2:30-3:30 pm				Open Swim 2:30-4:00 pm		
Swim Lessons 3:00-6:30 pm	Swim Lessons/ Synchro 3:00-5:30 pm	Swim Lessons 3:00-5:30 pm	Swim Lessons/ Synchro 3:00-5:30 pm		Lifesaving 1:30-5:30 pm	Swim Lessons 3:00-5:00 pm
Adult lessons 5:45-6:30 pm						
Deep Water Aquafit ⁴ 5:45-6:30 pm	Spartans Swim Club 5:00-6:30 pm	Rental 5:30-6:30 pm	Spartans Swim Club 5:00-6:30 pm	Synchro/ lifesaving 3:30-6:00 pm		
Open Swim 6:30-8:00 pm	Open Swim 6:30-8:00 pm	Water Running Aquafit ⁴ 6:35-7:20 pm	Open Swim 6:30-8:00 pm	Freak-out-Friday 6:00-8:00 pm 6-12 years	Family Night 6:00-8:00 pm	*Theme Swims Sat. & Sun. Games & Activities during open swims.
	Stingrays 6:30-8:30 (2 lanes)	Open Swim 6:30-8:00 pm	Stingrays 6:30-8:30 (2 lanes)			
Lane Swim (3lanes) 8:00-9:00 pm	Lane Swim (2 lanes) 8:00-9:00 pm	Lane Swim (3 lanes) 8:00-9:00 pm	Lane Swim (2 lanes) 8:00-9:00 pm			Each Month will be a different theme
	Rental Space Available 8:00-9:00 pm		Rental Space Available 8:00-9:00 pm			

Swim lessons

Mondays & Wednesdays 2X week for 8 weeks
Set #3 April 28- June 18

Tuesdays & Thursdays 2X week for 4 weeks
Set #5 April 29- May 22
Set #6 May 27- June 19

Saturdays 1X week for 8 weeks
Set #3 May 3- June 21

Sundays 1X week for 8 weeks
Set #3 May 4- June 22

Summer Swim Lessons start June 30