



Chilliwack Family YMCA Hocking Centre

Bringing people together

Pool Schedule

January 2 - February 26 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lane Swim 6:15-8:00 am	Aquafit ³ 6:45-7:30 am	Lane Swim 6:15-8:00 am	Aquafit ³ 6:45-7:30 am	Lane Swim 6:15-8:00 am		Levels 1 = mild 2 = moderate (low impact) 3 = moderate/ intense 4 = Intense
Aquafit ⁴ 8:00-8:55 am	Aquafit ³ 8:10-8:55 am	Aquafit ⁴ 8:00-8:55 am	Aquafit ³ 8:10-8:55 am	Aquafit ⁴ 8:00-8:55 am		
Open Swim 8:55-10:00 am	Swim Lessons 9:00-10:30 am	Open Swim 8:55-10:00 am	School Swim Lessons 9:00-10:30 am	Aquafit ³ 9:00-9:45 am	Aquafit ³ 9:00-9:45 am	
Aquafit ³ 10:00-10:45 am		Aquafit ³ 10:00-10:45 am		Aquafit ¹ 10:30-11:00 am	School Swim Lessons 9:45-12:00 pm	
Rental 11:00-12:00 pm	Aquafit ¹ 10:30-11:00 am	Aqua Zumba (registered) 11:00-12:00 pm	Aquafit ² 11:15-12:00 pm			Aquafit ³ 11:00-11:45 am
Lane Swim 12:00-1:00 pm	Lane Swim 12:00-1:00 pm	Lane Swim 12:00-1:00 pm	Lane Swim 12:00-1:00 pm	Lane Swim 12:00-1:00 pm	Lane Swim 12:30-1:30 pm	Lane Swim 12:30-1:30 pm
Aquafit ¹ 1:00-1:30 pm	Move to Improve ² Consultation Required 1:00-2:00 pm	Aquafit ¹ 1:00-1:30 pm	Move to Improve ² Consultation Required 1:00-2:00 pm	Aquafit ¹ 1:00-1:30 pm	Open Swim 1:00-3:00 pm	Open Swim 1:00-3:00 pm
Aquafit ³ 1:45-2:30 pm	Open Swim 2:00-3:00 pm	Aquafit ³ 1:45-2:30 pm	Open Swim 2:00-3:00 pm	Aquafit ³ 1:45-2:30 pm		
Open Swim 2:30-4:00 pm	Swim Lessons <i>Twice/week</i> 3:00-6:00 pm	Open Swim 2:30-4:00 pm	Swim Lessons <i>Twice/week</i> 3:00-6:00 pm	Swim Lessons <i>Once/week</i> 3:00-6:00 pm	Family Night 6:00-8:00 pm	Swim Lessons <i>Once/week</i> 3:00-5:30 pm
Teen/Youth Swim Lessons 3:30-6:15 pm		Adult/Youth Swim Lessons 3:30-6:15 pm				
Open/Lane Swim 6:00-7:30 pm	Open/Lane Swim 6:00-8:15 pm	Open/Lane Swim 6:00-7:30 pm	Open/Lane Swim 6:15-8:15 pm	Freak-out-Friday 6:00-8:00 pm 6-12 years		
Aquafit ³ 7:30-8:15 pm		Aquafit ³ 7:30-8:15 pm				

Swim Lessons

2X wk sets

Tues & Thurs pm – Jan 5-26, Jan 31-Feb 23

Mon & Wed pm – Jan 4-Feb 22

Once wk sets

Fridays pm – Jan 6- Feb 24

Saturdays am -- Jan 7-Feb 25

Sundays pm -- Jan 8- Feb 26

Hot Tub Hours

Sundays	10:45 am- 5:30 pm
Mondays	6:15 am- 8:30 pm
Tuesdays	6:15 am-8:30 pm
Wednesdays	6:15 am- 8:30pm
Thursdays	6:15 am-8:30 pm
Fridays	6:15am- 8:00 pm
Saturdays	8:45am- 8:00 pm

Registration for 2012 Winter sessions begins Dec. 1 2011