



Cain Center YMCA - Winter Pool Schedule

Effective: January 8th

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00-	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	
7:00- 8:30AM	Lap Swim	Lap Swim Athens Physical Therapy	Lap Swim	Lap Swim Athens Physical Therapy	Lap Swim	Lap Swim 8:00am-10:30am
8:30- 9:30AM	Lap Swim Water Circuit	Lap Swim Athens Physical Therapy	Lap Swim Water Circuit	Lap Swim Athens Physical Therapy	Lap Swim Water Circuit	
9:30- 10:30AM	Lap Swim Water Aerobics	Lap Swim Athens Physical Therapy	Lap Swim Water Aerobics	Lap Swim Athens Physical Therapy	Lap Swim Water Aerobics	
10:30- 11:30AM	Lap Swim Silver Sneakers Splash	Lap Swim Athens Physical Therapy	Lap Swim Silver Sneakers Splash	Lap Swim Athens Physical Therapy	Lap Swim Silver Sneakers Splash	Family Swim 10:30am-2:00pm
11:30AM -1:00PM	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	
1:00- 5:00PM	CLOSED					Rent our pool for your next party!
5:00- 6:00PM	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	
6:00- 6:45PM	Family Swim	Swim Lessons	Family Swim	Swim Lessons	Family Swim	
6:45-	Lap Swim	Family Swim	Lap Swim	Family Swim	Family Swim	
7:30- 8:30PM	Lap Swim	Family Swim	Lap Swim	Family Swim	CLOSED	

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FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Swim lessons are booked in advance and there is no public swimming at this time. **Pool hours are subject to change. ***All pool activities are stopped in the event of lightning. *Lap swim will go down to TWO lanes while water classes are in session. *****The length of the pool is 25M or 82.25Ft!**