

Kirk Family YMCA Lap Pool MAY 2017



LANES -->	MONDAY						TUESDAY						WEDNESDAY						THURSDAY						FRIDAY						SATURDAY						SUNDAY																	
	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6												
5:00am							Early Risers and Stroke-o-nomics 5:00-8:30am												Early Risers and Stroke-o-nomics 5:00-8:30am																																			
6:00am																																																						
7:00am																																																						
8:00am													OPEN SWIM																																									
9:00am							stroke-o-nom												strok-o-nom																																			
10:00am																																																						
11:00am													Y SPLASH																		Open Swim																							
12:00pm	OPEN SWIM						OPEN SWIM												OPEN SWIM						OPEN SWIM																													
1:00pm																															WIBIT																							
2:00pm													OPEN SWIM																																									
3:00pm																																											OPEN SWIM 1:00-5:30pm											
4:00pm																																																						
5:00pm	F.A.S.T												F.A.S.T																																									
6:00pm							Deep Water						Deep Water												Deep Water																													
7:00pm																																																						
8:00pm																																																						
POOL CLOSING 8:30PM																																																						

- Early Risers
- Stroke O Nomics
- Pool Closed
- Water Ex
- F.A.S.T Kraken SwimTeam
- Wibit
- Y Splash Program Wed