



# GARDEN CITY FAMILY YMCA

## Pool Schedule

December 20 - May 24

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

### Pool Age Requirements:

All children within the ages **6-8** MUST have an adult (over 16) **ON THE POOL DECK**.  
All children under the age of **6** MUST have an adult (over 16) **IN THE WATER**.

	<u>Lap Swim</u> (water walking & water exercise)	<u>Family Pool</u>	<u>Water Aerobics</u> <b>Morning</b>	<u>Water Aerobics</u> <b>Evening</b>	<u>Swim Team</u>
MON	5:30-7:00 am 11:30-1:30 pm 7:00-8:15 pm	4:30-5:30 pm <i>(Childcare Kids Only)</i> 7:00-8:15 pm	9:00-9:45 am 10:00-10:45 am Aquacise 1 & 2 (Lap Pool)	5:15-6:00 pm Power Waves 6:00-6:45 pm **Water Fitness (Lap Pool)	3:30-5:30 pm (GCHS Swim Team)
TUES	5:30-7:00 am 11:00-1:30 pm 7:00-8:15 pm	4:30-5:30 pm <i>(Childcare Kids Only)</i> 7:00-8:15 pm	8:00-8:45 am (Water Aerobics) 9:00-9:45 am Water Fitness (Lap Pool) 9:45-10:30 am Power Waves (Lap Pool)		5:30-5:30 pm (GCHS Swim Team)
WED	5:30-7:00 am 11:00-1:30 pm 7:00-8:15 pm	4:30-5:30 pm <i>(Childcare Kids Only)</i> 7:00-8:15 pm	9:00-9:45 am 10:00-10:45 am Aquacise 1 & 2 (Lap Pool)	5:15-6:00 pm Power Waves 6:00-6:45 pm **Water Fitness (Lap Pool)	3:30-5:00 pm (GCHS Swim Team)
THURS	5:30-7:00 am 11:00-1:30 pm 7:00-8:15 pm	4:30-5:30 pm <i>(Childcare Kids Only)</i> 7:00-8:15 pm	8:00-8:45 am (Water Aerobics) 9:00-9:45 am Water Fitness (Lap Pool) 9:45-10:30 am Power Waves (Lap Pool)		5:30-5:30 pm (GCHS Swim Team)
FRI	5:30-7:00 am 11:00-1:30 pm	7:00-8:15pm	9:00-9:45 am 10:00-10:45 am Aquacise 1 & 2 (Lap Pool)		3:30-5:30 pm (GCHS Swim Team)
SAT	9:00-11:30 am	1:00-3:00 pm	<b>The family pool will open at 2:00 pm any time there is no school, half days, or school cancelations.</b>		
SUN	1:30-3:00 pm	1:30-3:00 pm			

**QUESTIONS:** Call Melinda Castellon at 620-275-1199, ext. 210 or send an email at [mcastrellon@ymcaswkansas.org](mailto:mcastrellon@ymcaswkansas.org).

**INTERESTED IN RENTING THE POOL OR WANT TO BOOK A BIRTHDAY PARTY?:** Call Melinda Castellon at 620-275-1199, ext 210 or send an email to [mcastrellon@ymcaswkansas.org](mailto:mcastrellon@ymcaswkansas.org).