



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> Morning | <u>Water Aerobics</u> Evening | <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> 7:00-8:30 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 11:30-1:30 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 11:30-1:30 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) | 3:30-5:00 pm (GCHS Swim Team) |
| THURS | 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 | 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 11:30-1:30 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 | The family pool will open at 2:00 pm any time there is no school, half days, or school cancelations. | | |
| 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.

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.