



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FROHMAN POOL

**Starting
Saturday, April 1, 2017-
Friday, April 30, 2017**

Sandusky Area YMCA

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--|---|--|---|--|--|
| LAP SWIM 5:00-7:00 4 LANES | LAP SWIM 5:00-7:00 4 LANES | LAP SWIM 5:00-7:00 4 LANES | LAP SWIM 5:00-7:00 4 LANES | LAP SWIM 5:00-7:00 4 LANES | OPEN/LAP SWIM 7:00-9:00 2LANES | OPEN/LAP SWIM 11:00-2:30 2 LANES |
| OPEN/LAP SWIM 7:00-9:00 2LANES | OPEN/LAP SWIM 7:00-10:00 2LANES | OPEN/LAP SWIM 7:00-9:00 2LANES | OPEN/LAP SWIM 7:00-10:00 2LANES | OPEN/LAP SWIM 7:00-9:00 2LANES | SWIM LESSONS 9:00-12:00 NO LANES | |
| 9:00-10:00 Aquanastics (Kathleen) | | 9:00-10:00 Aquanastics (Barb) | | 9:00-10:00 AquaCircuit (Kathleen) | OPEN/LAP SWIM 12:00-2:30 2LANES | |
| 10:00-11:00 Deep Water Running (Kathleen) | | 10:00-11:00 Deep Water Running (Barb) | | 10:00-11:00 Tabata Deep Water (Barb) | | |
| | 10:00-11:00 SilverSplash® (Joe-Ann) | | 10:00-11:00 SilverSplash® (Barb) | | POOLCLOSED 2:30 | |
| 11:00-12:00 AquaFusion (Dana/Cindra) | 11:00-11:45 Deep Water Running (Kathleen) | 11:00-12:00 AquaFusion (Joe-Ann) | 11:00-11:45 Deep Water Running (Kathleen) | 11:00-12:00 AquaFusion (Joe-Ann) | | |
| LAP SWIM 12:00-1:00 4 LANES | LAP SWIM 12:00-1:00 4 LANES | LAP SWIM 12:00-1:00 4 LANES | LAP SWIM 12:00-1:00 4 LANES | LAP SWIM 12:00-1:00 4 LANES | | |
| OPEN/LAP SWIM 1:00-5:00 2LANES | OPEN/LAP SWIM 1:00-4:00 2LANES | OPEN/LAP SWIM 1:00-5:00 2LANES | OPEN/LAP SWIM 1:00-6:00 2LANES | OPEN/LAP SWIM 1:00-5:00 2LANES | | |
| SAY Swim Team 5:00 - 6:00 1 LANE 6:00-8:00 1 LANE | SAY Swim Team 4:00 - 5:30 1 LANE Aqua Fusion 5:30 6:30 (Diamond) NO LANES SWIM LESSONS 6:00-8:00 NO LANES | SAY Swim Team 5:00 - 6:00 1 LANE 6:00-8:00 1 LANE | SAY Swim Team 6:00-8:00 1 LANE | SAY Swim Team 5:00 - 6:00 1 LANE 6:00-8:00 1 LANE | | |
| POOL CLOSED 8:00 | POOL CLOSED 8:00 | POOL CLOSED 8:00 | POOL CLOSED 8:00 | POOL CLOSED 7:30 | | |

During **LAP SWIM** there will be no open swim.
All lap lanes are shared lanes with circle swimming.
During **OPEN/LAP** swim there will be 2 lap lanes available.
No lap lanes are available during water **fitness classes** and **swim lessons**.
Pool schedule is subject to change.
Frohman temp: 84-85

Sandusky Area YMCA Manta Rays Swim Team starts April 10, 2017

Aqua Fusion 5:30PM-6:30PM on Tuesdays
Water Fitness changes - Tuesday & Thursday
Silver Splash 10:00AM-11:00AM
Deep Water Running-11:00AM-11:45AM

Sandusky Area YMCA 2101 W. Perkins Avenue, Sandusky, OH 44870
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revised 4/04/2017