



Updated September Pool Schedule  
 Columbus Family YMCA  
 September 28th - October 4th

3912 38th Street  
 Columbus, NE 68601  
 (402) 564-9477

	MON 28	TUE 29	WED 30	THU 1	FRI 2	SAT 3	SUN 4
5am	<b>Lap/Exercise Swim</b> Lap Pool 5:15am - 12pm	<b>Lap/Exercise Swim</b> Lap Pool 5:15am - 12pm	<b>Lap/Exercise Swim</b> Lap Pool 5:15am - 12pm	<b>Lap/Exercise Swim</b> Lap Pool 5:15am - 12pm	<b>Warm Water Area</b> Warm Water Pool 5:15am - 7pm		
	<b>Warm Water Area</b> Warm Water Pool 5:15am - 9pm	<b>Warm Water Area</b> Warm Water Pool 5:15am - 11am	<b>Warm Water Area</b> Warm Water Pool 5:15am - 9pm	<b>Warm Water Area</b> Warm Water Pool 5:15am - 9pm	<b>Lap/Exercise Swim</b> Lap Pool 5:15am - 7pm		
7am		<b>Aquacise</b> Lap Pool 5:20am - 6am		<b>Aquacise</b> Lap Pool 5:20am - 6am			
						<b>Lap/Exercise Swim</b> Lap Pool 7:15am - 5pm	
						<b>Warm Water Area</b> Warm Water Pool 7:15am - 5pm	
8am		<b>Aquacise</b> Lap Pool 8:30am - 9:15am		<b>Aquacise</b> Lap Pool 8:30am - 9:15am	<b>Aqua Zumba</b> Lap Pool 8:30am - 9:15am		
						<b>Aquacise</b> Lap Pool 7:20am - 8am	
11am		<b>Ai Chi-Paid</b> Warm Water Pool 11am - 11:45am					
12pm		<b>Warm Water Area</b> Warm Water Pool 12pm - 9pm					<b>Warm Water Area</b> Warm Water Pool 12:15pm - 4pm
							<b>Lap/Exercise Swim</b> Lap Pool 12:15pm - 4pm
1pm	<b>Lap/Exercise Swim</b> Lap Pool 1pm - 4:15pm	<b>Lap/Exercise Swim</b> Lap Pool 1pm - 4:15pm	<b>Lap/Exercise Swim</b> Lap Pool 1pm - 4:15pm	<b>Lap/Exercise Swim</b> Lap Pool 1pm - 4:15pm	<b>Senior Swim Time</b> Lap Pool 1:30pm - 2:30pm	<b>Family Open Swim</b> Lap Pool 1:30pm - 5pm	
	<b>Senior Swim Time</b> Warm Water Pool 1:30pm - 2:30pm	<b>Senior Swim Time</b> Warm Water Pool 1:30pm - 2:30pm	<b>Senior Swim Time</b> Warm Water Pool 1:30pm - 2:30pm	<b>Senior Swim Time</b> Warm Water Pool 1:30pm - 2:30pm	<b>Senior Swim Time</b> Warm Water Pool 1:30pm - 2:30pm		

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.



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	MON 28	TUE 29	WED 30	THU 1	FRI 2	SAT 3	SUN 4
	Senior Swim Time Lap Pool 1:30pm - 2:30pm	Senior Swim Time Lap Pool 1:30pm - 2:30pm	Senior Swim Time Lap Pool 1:30pm - 2:30pm	Senior Swim Time Lap Pool 1:30pm - 2:30pm			
2pm							Family Open Swim Lap Pool 2pm - 4pm
4pm	Swim Team Practice Lap Pool 4:15pm - 5:45pm	Swim Team Practice Lap Pool 4:15pm - 7pm	Swim Team Practice Lap Pool 4:15pm - 5:45pm	Swim Team Practice Lap Pool 4:15pm - 5:45pm			
5pm	Lap/Exercise Swim Lap Pool 5:45pm - 9pm		Lap/Exercise Swim Lap Pool 5:45pm - 9pm	Lap/Exercise Swim Lap Pool 5:45pm - 9pm			
7pm		Family Open Swim Lap Pool 7pm - 9pm		Family Open Swim Lap Pool 7pm - 9pm			
		Lap/Exercise Swim Lap Pool 7pm - 9pm		Family Open Swim Lap Pool 7pm - 9pm			
		Family Open Swim Lap Pool 7pm - 9pm					

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