



Pool Schedule  
Columbus Family YMCA  
August 31st - September 30th

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

	MON	TUE	WED	THU	FRI	SAT	SUN
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>Lap/Exercise Swim</b> Lap Pool 5:15am - 12pm		
	<b>Warm Water Area</b> Warm Water Pool 5:30am - 1pm	<b>Aquacise</b> Lap Pool Karla Schaecher 5:20am - 6am	<b>Warm Water Area</b> Warm Water Pool 5:30am - 1pm	<b>Aquacise</b> Lap Pool Trina Gentile 5:20am - 6am	<b>Warm Water Area</b> Warm Water Pool 5:30am - 1pm		
7am		<b>Warm Water Area</b> Warm Water Pool 5:30am - 1pm		<b>Warm Water Area</b> Warm Water Pool 5:30am - 1pm			
						<b>Lap/Exercise Swim</b> Lap Pool 7am - 1pm	
						<b>Aquacise</b> Lap Pool Rotating Instructors 7:20am - 8am	
8am						<b>Warm Water Area</b> Warm Water Pool 7:30am - 11:30am	
		<b>Aquacise</b> Lap Pool Kelli Augustin 8:30am - 9:15am		<b>Aquacise</b> Lap Pool Kelli Augustin 8:30am - 9:15am	<b>Aqua Zumba</b> Lap Pool Carol Foster 8:30am - 9:15am		
11am		<b>Ai Chi-Paid</b> Warm Water Pool Jamie/ Carol 11am - 11:45am					
12pm	<b>Lap Pool is Closed</b> Lap Pool 12pm - 1pm	<b>Lap Pool is Closed</b> Lap Pool 12pm - 1pm	<b>Lap Pool is Closed</b> Lap Pool 12pm - 1pm	<b>Lap Pool is Closed</b> Lap Pool 12pm - 1pm	<b>Lap Pool is Closed</b> Lap Pool 12pm - 1pm		
1pm	<b>Senior Swim Time</b> Lap Pool 1:30pm - 2:30pm	<b>Senior Swim Time</b> Lap Pool 1:30pm - 2:30pm	<b>Senior Swim Time</b> Lap Pool 1:30pm - 2:30pm	<b>Senior Swim Time</b> Lap Pool 1:30pm - 2:30pm	<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	TUE	WED	THU	FRI	SAT	SUN
2pm							<b>Family Open Swim</b> Lap Pool 2pm - 4pm
3pm	<b>Warm Water Area</b> Warm Water Pool 3pm - 7pm	<b>Warm Water Area</b> Warm Water Pool 3pm - 7pm	<b>Warm Water Area</b> Warm Water Pool 3pm - 7pm	<b>Warm Water Area</b> Warm Water Pool 3pm - 7pm	<b>Warm Water Area</b> Warm Water Pool 3pm - 7pm		
	<b>Lap/Exercise Swim</b> Lap Pool 3pm - 7pm	<b>Lap/Exercise Swim</b> Lap Pool 3pm - 7pm	<b>Lap/Exercise Swim</b> Lap Pool 3pm - 7pm	<b>Lap/Exercise Swim</b> Lap Pool 3pm - 7pm	<b>Lap/Exercise Swim</b> Lap Pool 3pm - 7pm		
4pm	<b>Swim Team Practice</b> Lap Pool 4:15pm - 5:45pm	<b>Swim Team Practice</b> Lap Pool 4:15pm - 7pm	<b>Swim Team Practice</b> Lap Pool 4:15pm - 7pm	<b>Swim Team Practice</b> Lap Pool 4:15pm - 5:45pm			
7pm		<b>Family Open Swim</b> Lap Pool 7pm - 9pm		<b>Family Open Swim</b> Lap Pool 7pm - 9pm			

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