



POOL SCHEDULE - May 2008

YMCA of Wood Buffalo 790-9622

221 Tundra Drive, Fort McMurray, Alberta

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<i>LANE SWIM</i> <i>1-2 lanes open at these times; 16+ years</i>	7am–9:30pm	7am-9:30pm	7am–9:30pm	7am-9:30pm	7am-6:30pm	7-9am 11-8pm	9-10am 12-6:30pm
<i>TOT POOL HOURS</i>	7am-9pm	7-10:30am 1-5:30pm 7-9pm	7am-9pm	7-10:30am 1-5:30pm 7-9pm	7am-6:30pm	1-8pm	12-6:30pm
<i>Public Swim</i>			7:30-9pm		3-6:30pm	3-6pm	12-4pm
<i>Family Swim</i> <i>Children with adult(s)</i>						6-8pm	4-6:30pm
<i>YMCA Swim Lessons*</i>		10:30am-12:30pm	7:30-8:30pm Adults-drop-in	10:30am-12:30pm		9-1pm	
<i>Aqua Fit</i> <i>\$10 for non-members</i> <i>2 NEW classes!!</i>	Pre/Post Natal 11:15-12:00 **NEW** H2O Bootcamp 8:15-9:15pm	8-9pm	11:15-12:00	8-9pm			
<i>Youth Night (Ages 6-14 yrs)</i>					7-9pm		
<i>“Mantas” FMSC*</i>	3-5:30pm	3-5:30pm	3-5:30pm	3-5:30pm	1-3pm	7-11am	
<i>“I Can Swim” FMSC*</i>	5:30-6:30pm	5:30-7pm	5:30-6:30pm	5:30-7pm			
<i>Clubs & More Clubs! *</i>	6:30-7:30pm Synchro	7-8pm Tri Club	6:30-7:30pm Synchro	7-8pm Tri-Club		2-3pm Synchro	9-10am Jr. Tri Club 10-12pm Kayaking
<i>Jr. Lifeguard*</i> **NEW**	6:30-8:00pm Mar. 31-Jun 16						
<i>Swim & Gym Program</i>		8:45-9:45 12:45-1:45		12:45-1:45			
<i>Pool Rentals (Schools, etc.)</i>	8:30-11am 12:15-3pm	2-3pm	8:30-11am 12:15-3pm	8:30-10am 2-3pm	8:30am-1pm	3-5pm Birthdays!	

- Times are subject to change due to special events, staffing issues and unforeseen circumstances
- Steamroom & Whirlpool - Open 7am to 9:30pm Mon.-Fri.; 7am-8:30pm Sat. & 9am-6:30pm Sun.
- * Denotes a registered program
- For info on private swimming lessons (children & adults) - call ext. 241
- For party rentals please pick up a facility booking request at Member Services
- The YMCA is not responsible for lost or stolen items... please bring a lock – DAY USE ONLY!