



KETTLE MORAINÉ YMCA

September 28 ,2009 thru May 1 ,2010

Please note that the pool schedule is subject to change.

LARGE POOL SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00AM -	Lap Swim-14 years and up 5:00-7:15 AM (M-W-F)					Lap Swim (14yrs.and up) 6:00-8:00 AM	
7:00AM -	Lap Swim-14 years and up 5:00-9:00AM (T-TH)						
8:00AM -	Aquatic Exercise 7:15-8:15AM (deep end open)		Aquatic Exercise 7:15-8:15AM (deep end open)		Aquatic Exercise 7:15-8:15AM (deep end open)	Adult Aqua-Tech Winter I,II and Spring 8:00-9:00AM	Lap Swim (14yrs.and up)
9:00AM -	Lap/Open Swim 8:15-11:30AM	Water Jog 9:00-10:00AM	Lap/Open Swim 8:15-11:30AM	Water Jog 9:00-10:00AM	Water Jog 9:00-10:00AM	Swim Instruction 9:00-11:45AM	8:30-Noon
10:00AM -		Water Zumba 10:00-10:30AM		Lap/Open Swim 10:00-11:30AM	Lap/Open Swim 10:00-11:30AM		
11:00AM -		Lap/Open Swim 10:30-11:30AM					
12 Noon -	Lap Swim-14 years and up 11:30 AM -1:00 PM					Lap Swim Noon-1:00PM	Open Swim Noon-3:45 PM
1:00PM -						Open Swim 1:00-5:45PM	
2:00PM -	Lap/Open Swim 1:00-2:30 PM	Lap/Open Swim 1:00-3:30 PM	Lap/Open Swim 1:00-2:30 PM	Lap/Open Swim 1:00-4:15 PM	Lap/ OpenSwim 1:00-2:30 PM	POOL CLOSÉS AT 5:45PM Building Closes at 6:00 PM	Building Closes at 4:00 PM
3:00PM -	Senior Fitness 2:30-3:30 PM		Senior Fitness 2:30-3:30 PM	Senior Fitness 2:30-3:30 PM	Senior Fitness 2:30-3:30 PM		
4:00PM -	Swim Inst. 4:15-5:00 PM	Swim Inst. 3:30-5:00 PM	Swim Inst. 4:15-5:00 PM	Swim Inst. 4:15-5:00 PM	Lap/Open Swim 3:30-5:00 PM	Swim Policy: Children under 7 yrs. old must be within an arms reach of an adult who is in the water Note: Family-Swim Children MUST be within an arms reach by an adult in the water while in the pool.	
5:00PM -	Adult Lap Swim 5:00-6:00 PM	Adult Lap Swim 5:00-6:00 PM	Adult Lap Swim 5:00-6:00 PM	Adult Lap Swim 5:00-6:00 PM	Adult Lap Swim 5:00-6:00 PM		
6:00PM -	Water Jog 6:00-7:00PM	Swim Instruction 6:00-6:45 PM	Water Jog 6:00-7:00PM	Swim Instruction 6:00-6:45 PM	Swim Club 6:00-7:00PM		
7:00PM -	Swim Club 7:00-8:00PM	Lap/Open Swim 6:45-9:45 PM	Swim Club 7:00-8:00PM	Lap/Open Swim 6:45-9:45 PM	Lap/Open Swim 7:00-9:45PM		
8:00PM -	Lap/Open Swim 8:00-9:45 PM		Lap/Open Swim 8:00-9:45PM				
9:00PM -							
	POOL CLOSÉS 9:45 PM - BUILDING CLOSÉS 10:00 PM						

SMALL POOL SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:00AM -								
7:00AM -	Lap/Open Swim-14 years and up 5:00-8:45AM					Open Swim (14yrs.and up) 6:00-9:00 AM		
8:00AM -								
9:00AM -	Swim Instruction-8:45-10:30AM (M/W)				Open Swim 8:00-11:00 AM	Swim Instruction 9:00-12:15 PM	Open Swim 8:30-1:00	
10:00AM -	Swim Instruction-8:45-11:15 AM (T) 8:45-10:30AM(TH)							
11:00AM -		Hydro-Tone 10:30-11:15AM						
12 Noon -	Joint-Effort 11:00-Noon	Open Swim 11:15-Noon	Joint-Effort 11:00-Noon	Open Swim 10:30-Noon	Joint Effort 11:00- Noon		Family Swim 1:00-2:30 PM	
1:00PM -	Adult Swim -14 years and up 12:00-1:00 PM					Open Swim 12:15-5:45PM	Swim Instruction 2:30-3:30PM	
2:00PM -	Swim Inst. 1:00-2:00PM	Open Swim 1:00-2:00 PM	Open Swim 1:00-2:30 PM	Open Swim 1:00-2:00 PM	Open Swim 1:00-2:30PM		POOL CLOSÉS AT 5:45 PM	Pool Closes at 3:45 PM Building Closes at 4:00 PM
3:00PM -	Senior Fitness 2:30-3:30PM	Art N Splash 2:00-2:45 PM	Senior Fitness 2:30-3:30PM	Play N Splash 2:00-2:45 PM	Senior Fitness 2:30-3:30PM			
4:00PM -	Swim Inst. 4:15-7:00 PM	Swim Inst. 3:30-4:45 PM	Swim Inst. 4:15-7:00 PM	Open Swim 2:45-4:15PM	Open Swim 3:30-5:00PM	Swim Policy: Children under 7 yrs old must be within an arms reach of an adult who is in the water Note: Family-Swim Children MUST be within an arms reach by a parent in the water while in the pool.		
5:00PM -		Adaptive Class 4:45-5:30 PM		Adult/Teen Lessons 7:00-8:00PM			Swim Inst. 4:15-7:00 PM	Family Swim 5:00-9:00 PM
6:00PM -	Swim Inst. 5:30-7:00 PM	Spring Session 7:00-8:00PM						
7:00PM -								
8:00PM -	Open Swim 7:00-9:00 PM	Open Swim 7:00-9:00 PM	Open Swim 7:00-9:00PM	Open Swim 7:00-9:00 PM				
9:00PM -	POOL CLOSÉS 9:00 PM - BUILDING CLOSÉS 10:00 PM							



KETTLE MORAINÉ YMCA

East Gym Schedule

Winter II Session March 1 - April 24, 2010

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00AM		YMCA opens at 5:00AM					YMCA Opens 6:00AM
6:00	YMCA Opens 8:30AM	Home School Teams 6:30-8:00AM	Home School Teams 6:30-8:00AM	Home School Teams 6:30-8:00AM	Home School Teams 6:30-8:00AM	Home School Teams 6:30-8:00AM	Open Gym 6:00AM-7:15AM
7:00							
8:00		Open Gym 5:00-11:30AM *Except during listed classes					YMCA Youth Basketball 9:00AM-1:00PM
9:00					Home School Gym & Swim 9:30-10:30AM		
10:00	Open Gym 8:30AM-4:00PM	Adult Basketball League 11:30AM-1:30PM **Full Court Games, must be 18 or older to play					
11:00							
12:00PM		OPEN GYM until 10:00PM *Except during listed classes					Open Gym 2:00PM-6:00PM
1:00							
2:00	YMCA Closes 4:00PM						
3:00							
4:00							
5:00	Traveling Basketball 4:00-5:30PM	YMCA Youth Basketball 5:30-7:15PM	YMCA Youth Basketball 5:30-7:15PM	YMCA Youth Basketball 5:30-6:30PM	YMCA Youth Floor Hockey 5:30-7:15PM	Friday Night Family Nights 6:00-8:00PM	
6:00							
7:00							YMCA Closes 6:00PM
8:00							
9:00		YMCA closes at 10:00PM					

**Please plan Locker Room use accordingly
*Times are subject to change. Shaded areas represent gym closed.

Track Gym Schedule

Winter II Session March 1 - April 24, 2010

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00AM		YMCA opens at 5:00AM					YMCA Opens 6:00AM
6:00AM	YMCA Opens 8:30AM	Open Gym 5:00-11:30AM *Except during listed classes					Open Gym 6:00AM-8:00AM
7:00							
8:00							ZUMBA 8:00-8:50 A.M.
9:00		Games Galore 9:45-10:30AM			Kids Step 9:00-9:30 AM		YMCA Youth Basketball 9:00AM-12:00PM
10:00		Y Playtime 10:30-11:30AM		Balls of Fun 10:45-11:30AM	Kinder Sports 9:45-10:30AM	Y Playtime 10:30 - 11:30AM	
11:00	Open Gym 8:30AM-1:30PM	Adult Basketball League 11:30AM-1:30PM **Full Court Games, must be 18 or older to play					
12:00PM							
1:00							
2:00	Adult Open Volleyball Must be 18 or older 1:30-3:45PM YMCA Closes 4:00PM	Open Gym *Except during listed classes					Open Gym 2:00PM-6:00PM
3:00		Kids Connection 3:15-4:15PM	Kids Connection 3:15-5:00PM	Kids Connection 3:15-5:00PM	Kids Connection 3:15-4:15PM	Kids Connection 3:15-5:00PM	
4:00							
5:00							
6:00	Traveling Basketball 4:00-5:30PM	KM Cardio 5:45-6:45PM	Youth Basketball 5:30-7:15PM	Zumba 5:45-6:45PM	Youth Floor Hockey 5:30-7:15PM	Friday Night Family Nights 6:00-8:00PM	
7:00							YMCA Closes 6:00PM
8:00		Open Gym *Except during listed classes					
9:00		YMCA closes at 10:00PM					

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