



Simmons YMCA | April 21st - April 27th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Lane: 3 Shared Lanes Simmons YMCA Book					5:00PM-5:30PM (Pools) Staff 5:30PM-6:00PM (Pools) Staff 7:00PM-7:30PM (Pools) Staff 7:30PM-8:00PM (Pools) Staff 8:00PM-8:45PM (Pools) Staff	7:30AM-8:00AM (Pools) Staff 7:30AM-8:00AM (Pools) Staff 8:00AM-8:30AM (Pools) Staff 8:30AM-9:00AM (Pools) Staff 10:30AM-11:00AM (Pools) Staff 11:00AM-11:30AM (Pools) Staff 11:30AM-12:00PM (Pools) Staff 12:00PM-12:30PM (Pools) Staff 12:30PM-1:00PM (Pools) Staff 4:00PM-4:30PM (Pools) Staff 5:00PM-5:30PM (Pools) Staff 5:30PM-6:00PM (Pools) Staff 7:00PM-7:30PM (Pools) Staff 7:30PM-8:00PM (Pools) Staff	6:00AM-6:30AM (Pools) Staff 6:30AM-7:00AM (Pools) Staff 7:30AM-8:00AM (Pools) Staff 7:30AM-8:00AM (Pools) Staff 8:00AM-8:30AM (Pools) Staff 8:30AM-9:00AM (Pools) Staff 4:00PM-4:30PM (Pools) Staff 5:00PM-5:30PM (Pools) Staff 5:30PM-6:00PM (Pools) Staff 7:00PM-7:30PM (Pools) Staff 7:30PM-8:00PM (Pools) Staff 8:00PM-8:45PM (Pools) Staff

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Lane: Single Lane (Reserved) Simmons YMCA Book					5:00PM-5:30PM (Pools) Staff 5:30PM-6:00PM (Pools) Staff 7:00PM-7:30PM (Pools) Staff 7:30PM-8:00PM (Pools) Staff 8:00PM-8:45PM (Pools) Staff	7:00AM-7:30AM (Pools) Staff 7:30AM-8:00AM (Pools) Staff 7:30AM-8:00AM (Pools) Staff 8:00AM-8:30AM (Pools) Staff 8:30AM-9:00AM (Pools) Staff 9:30AM-10:00AM (Pools) Staff 10:30AM-11:00AM (Pools) Staff 11:00AM-11:30AM (Pools) Staff 11:30AM-12:00PM (Pools) Staff 12:00PM-12:30PM (Pools) Staff 12:30PM-1:00PM (Pools) Staff 4:00PM-4:30PM (Pools) Staff 5:30PM-6:00PM (Pools) Staff 7:00PM-7:30PM (Pools) Staff 7:30PM-8:00PM (Pools) Staff	6:00AM-6:30AM (Pools) Staff 6:30AM-7:00AM (Pools) Staff 7:00AM-7:30AM (Pools) Staff 7:30AM-8:00AM (Pools) Staff 8:00AM-8:30AM (Pools) Staff 8:30AM-9:00AM (Pools) Staff 9:30AM-10:00AM (Pools) Staff 10:30AM-11:00AM (Pools) Staff 11:00AM-11:30AM (Pools) Staff 11:30AM-12:00PM (Pools) Staff 12:00PM-12:30PM (Pools) Staff 12:30PM-1:00PM (Pools) Staff 4:00PM-4:30PM (Pools) Staff 5:00PM-5:30PM (Pools) Staff 5:30PM-6:00PM (Pools) Staff 7:00PM-7:30PM (Pools) Staff 7:30PM-8:00PM (Pools) Staff 8:00PM-8:45PM (Pools) Staff

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Reserved for YMCA Aquatics Program Simmons YMCA Book						8:00AM-9:00AM (Pools) <i>Staff</i> 9:00AM-11:00AM (Pools) <i>Staff</i> 1:00PM-4:00PM (Pools) <i>Staff</i>	9:00AM-11:00AM (Pools) <i>Staff</i> 1:00PM-4:00PM (Pools) <i>Staff</i>
Deep and Shallow Water Cardio Fitness Simmons: Indoor Pool Book						8:10AM-9:00AM (Group Exercise) <i>Ann L.</i>	
Cycle Simmons YMCA Book						8:30AM-9:15AM (Group Exercise) <i>Simmons R.</i>	
Lap Lane: Single Lane (Reserved) Simmons: Indoor Pool Book						9:00AM-9:30AM (Pools) <i>Staff</i>	9:00AM-9:30AM (Pools) <i>Staff</i>
Lap Lane: 2 Shared Lanes Simmons YMCA Book						9:00AM-9:30AM (Pools) <i>Staff</i> 10:00AM-10:30AM (Pools) <i>Staff</i> 1:00PM-1:30PM (Pools) <i>Staff</i> 1:30PM-2:00PM (Pools) <i>Staff</i> 2:00PM-2:30PM (Pools) <i>Staff</i> 2:30PM-3:00PM (Pools) <i>Staff</i> 3:00PM-3:30PM (Pools) <i>Staff</i> 3:30PM-4:00PM (Pools) <i>Staff</i>	
Yoga Basics Simmons: Group Exercise Studio Book						9:30AM-10:30AM (Group Exercise) <i>Gloria R.</i>	
Family Swim Simmons YMCA Book						9:30AM-10:30AM (Pools) <i>Staff</i> 1:00PM-5:00PM (Pools) <i>Staff</i>	
WERQ Simmons: Group Exercise Studio Book						10:45AM-11:40AM (Group Exercise) <i>Gabrielle H.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Lane: 1 Shared Lane Simmons YMCA Book							12:00PM-1:00PM (Pools) Staff 2:00PM-3:00PM (Pools) Staff 3:00PM-4:00PM (Pools) Staff 4:00PM-4:45PM (Pools) Staff