



We build strong kids, strong families, strong communities.

Sherwood Family YMCA Summer 2010 Pool Schedule August 23-September 3, 2010

Aquatics Director: Paige Flanagan

pflanagan@ymca-portland.org

Monday 8/23

5:00a-8:00a Lap Swim 3 lanes
8:00a-8:55a Deep H ₂ O
9:00a-9:55a Poolautes
10:00a-10:55a Water Workout
11:00a-11:55a Twinges in the Hinges
12:00p-7:15p Lap Swim 3 lanes
12:00p-4:00p Open Swim
4:15p-4:55p P/C 1 make-up
5:00p-9:00p Family Swim
7:15p-8:15p Masters 3 lanes
8:15p-9:00p Lap Swim 3 lanes

Tuesday 8/24

5:00a-6:00a Lap Swim 3 lanes
6:00a-7:00a Masters 3 lanes
7:00a-8:30a Lap Swim 3 lanes
8:30a-9:25a SilverSplash®
9:30a-10:25a Power Walking
10:30a-5:45p Lap Swim 3 lanes
11:00p-3:15p Open Swim
3:30p-6:15p Family Swim
6:00p-6:55p Pre/Post-Natal Fitness
6:30p-7:10p P/C 1 make-up
7:00p-7:55p Water Workout Deep H ₂ O
7:15p-9:00pm Open Swim
8:00p-9:00p Lap Swim 3 lanes

Wednesday 8/25

5:00a-8:00a Lap Swim 3 lanes
8:00a-8:55a Deep H ₂ O
9:00a-9:55a Poolautes
10:00a-10:55a Water Workout
11:00a-11:55a Twinges in the Hinges
12:00p-7:15p Lap Swim 3 lanes
12:00p-4:00p Open Swim
4:15p-4:55p P/C 2 make-up
5:00p-9:00p Open Swim
7:15p-8:15p Masters 3 lanes
8:15p-9:00p Lap Swim 3 lanes

Thursday 8/26

5:00a-6:00a Lap Swim 3 lanes
6:00a-7:00a Masters 3 lanes
7:00a-8:30a Lap Swim 3 lanes
8:30a-9:25a SilverSplash®
9:30a-10:25a Power Walking
10:30a-5:45p Lap Swim 2 lanes
11:00p-3:15p Open Swim
3:30p-6:15p Family Swim
6:00p-6:55p Pre/Post-Natal Fitness
6:30p-7:10p P/C 2 make-up
7:00p-7:55p Water Workout Deep H ₂ O
7:15p-9:00pm Open Swim
8:00p-9:00p Lap Swim 3 lanes

Friday 8/27

5:00a-8:00a Lap Swim 3 lanes
8:00a-8:55a Deep H ₂ O
9:00a-9:55a Poolautes
10:00a-10:55a Water Workout
11:00a-11:55a Twinges in the Hinges
12:00p-8:00p Lap Swim 3 lanes
1:00p-5:15p Open Swim
1:00pm-3:00pm CDC
5:30p-8:00p Family Swim

Saturday 8/28

6:00a-9:00a Lap Swim 3 lanes
9:00a-12:00a Swimming Lessons
12:00a-7:30p Lap Swim 3 lanes
1:00p-4:00p Open Swim
4:15p-7:30p Family Swim
Sunday 8/29
7:00a-4:30p Lap Swim 3 lanes
9:00a-12:00p Preschool Play
12:00p-2:00p Open Swim
2:15p-4:30p Family Swim

Monday 8/30

5:00a-8:00a Lap Swim 3 lanes
8:00a-8:55a Deep H ₂ O
9:00a-9:55a Poolautes
10:00a-10:55a Water Workout
11:00a-11:55a Twinges in the Hinges
12:00p-3:00p Lap Swim 3 lanes
12:00p-4:00p Open Swim
3:00p-5:00p Lifeguard Training in H ₂ O
5:00p-7:15p Lap Swim 3 lanes
5:00p-9:00p Family Swim
7:15p-8:15p Masters 3 lanes
8:15p-9:00p Lap Swim 3 lanes

Tuesday 8/31

5:00a-6:00a Lap Swim 3 lanes
6:00a-7:00a Masters 3 lanes
7:00a-8:30a Lap Swim 3 lanes
8:30a-9:25a SilverSplash®
9:30a-10:25a Power Walking
10:30a-2:00p Lap Swim 3 lanes
11:00p-3:15p Open Swim
2:00p-5:00p Lifeguard Training in H ₂ O
3:30p-6:15p Family Swim
5:00p-6:00p Lap Swim 3 lanes
6:00p-6:55p Pre/Post-Natal Fitness
7:00p-7:55p Water Workout Deep H ₂ O
7:15p-9:00pm Open Swim
8:00p-9:00p Lap Swim 3 lanes

Wednesday 9/1

5:00a-8:00a Lap Swim 3 lanes
8:00a-8:55a Deep H ₂ O
9:00a-9:55a Poolautes
10:00a-10:55a Water Workout
11:00a-11:55a Twinges in the Hinges
12:00p-1:30p Lap Swim 3 lanes
12:00p-4:00p Open Swim
1:30p-5:00p Lifeguard Training in H ₂ O
5:00p-7:15p Lap Swim 3 lanes
5:00p-9:00p Open Swim
7:15p-8:15p Masters 3 lanes
8:15p-9:00p Lap Swim 3 lanes

Thursday 9/2

5:00a-6:00a Lap Swim 3 lanes
6:00a-7:00a Masters 3 lanes
7:00a-8:30a Lap Swim 3 lanes
8:30a-9:25a SilverSplash®
9:30a-10:25a Power Walking
10:30p-12:00p Lifeguard Training in H ₂ O
12:00p-3:00p Lap Swim 2 lanes
11:00p-3:15p Open Swim
3:00p-5:00p Lifeguard Training in H ₂ O
3:30p-6:15p Family Swim
6:00p-6:55p Pre/Post-Natal Fitness
7:00p-7:55p Water Workout Deep H ₂ O
7:15p-9:00pm Open Swim
8:00p-9:00p Lap Swim 3 lanes

Friday 9/3

5:00a-8:00a Lap Swim 3 lanes
8:00a-8:55a Deep H ₂ O
9:00a-9:55a Poolautes
10:00a-10:55a Water Workout
11:00a-11:55a Twinges in the Hinges
12:00p-2:00p Lap Swim 3 lanes
1:00p-5:15p Open Swim
1:00pm-3:00pm CDC
2:00p-5:00p Lifeguard Training in H ₂ O
5:00p-8:00p Lap Swim 3 lanes
5:30p-8:00p Family Swim

**Pool Closes
For Annual
Shut-down
September 4, 2010**

**Pool Re-opens
September 13, 2010
For regular
Programing**