



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# POOL SCHEDULE

DECEMBER 19-25, 2011

Monday 12/19	Tuesday 12/20	Wednesday 12/21	Thursday 12/22	Friday 12/23	Saturday 12/24	Sunday 12/25
5:00-8:00a Lap Swim	5:00-8:20a Lap Swim	5:00-8:00a Lap Swim	5:00-8:20a Lap Swim	5:00-8:00a Lap Swim		
8:10-9:00a Deep H <sub>2</sub> O	8:30-9:20a SilverSplash®	8:10-9:00a Deep H <sub>2</sub> O	8:30-9:20a SilverSplash®	8:10-9:00a Deep H <sub>2</sub> O	<b>Christmas Eve</b>	<b>Christmas</b>
9:00-12:00p PreSchool Play	9:00-12:00p PreSchool Play	9:00-12:00p PreSchool Play	9:00-12:00p PreSchool Play	9:00-12:00p PreSchool Play	<b>Pool Open 7A-12:45P</b>	<b>Day</b>
9:10-10am Poolates	9:30-10:20am Power Walking	9:10-10am Poolates	9:30-10:20am Power Walking	9:10-10am Poolates	7:00-12:45p Lap Swim	<b>CLOSED</b>
10:10-11am Water Workout	10:30-3:30P Lap Swim	10:10-11am Water Workout	10:30-3:30P Lap Swim	10:10-11am Water Workout	8:00-10:00p PreSchool Play	
11-11:55am Arthritis Exercise	1:00-4:30P Open Swim	11-11:55am Arthritis Exercise	1:00-4:30P Open Swim	11-11:55am Arthritis Exercise	10:30-12:45p Open Swim	
12:00-3:30P Lap Swim	1:00-2:30p Newberg CDC	12:00-3:30P Lap Swim		12:00-3:30P Lap Swim		
1:00-4:30P Open Swim	3:30-5:45P Y Dragons	1:00-4:30P Open Swim	3:30-5:45P Y Dragons	1:00-4:30P Open Swim		
3:30-5:45P Y Dragons	5:00-9:00P Family Swim	3:30-5:45P Y Dragons	5:00-9:00P Open Swim	3:30-5:45P Y Dragons		
4:30-6:30p Fun Club	5:45-7:00p Bowmen Swimming	4:30-6:30p Fun Club	5:45-7:00p Bowmen Swimming	4:30-6:30p Fun Club		
5:45-7:00p Bowmen Swimming	6:00-6:55P Pre/Post-Natal H <sub>2</sub> O Fitness	5:45-7:00p Bowmen Swimming	6:00-6:55P Pre/Post-Natal H <sub>2</sub> O Fitness	5:30-8:00P Family Swim		
6:00-9:00P Family Swim	7:00-7:55P Deep H <sub>2</sub> O/ Water Workout	6:00-9:00P Open Swim	7:00-7:55P Deep H <sub>2</sub> O/ Water Workout	5:45-7:00p Bowmen Swimming		
7:00-9:00P Lap Swim	8:00-9:00P Lap Swim	7:00-9:00P Lap Swim	8:00-9:00P Lap Swim	7:00-8:00P Lap Swim		

**Sherwood Regional Family YMCA**

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# POOL SCHEDULE (CONTINUED)

DECEMBER 26, 2011-JANUARY 1, 2012

Monday 12/26	Tuesday 12/27	Wednesday 12/28	Thursday 12/29	Friday 12/30	Saturday 12/31	Sunday 1/1/2012
5:00-3:30p Lap Swim	5:00-3:30p Lap Swim	5:00-3:30p Lap Swim	5:00-3:30p Lap Swim	5:00-3:30p Lap Swim	<b>New Year's Eve</b>	<b>New Year's Day</b>
9:00-12:00p PreSchool Play	9:00-12:00p PreSchool Play	9:00-12:00p PreSchool Play	9:00-12:00p PreSchool Play	9:00-12:00p PreSchool Play	<b>Pool Open 7A-12:45P</b>	<b>Pool Open 9A-2:30P</b>
1:00-4:30P Open Swim	1:00-4:30P Open Swim	1:00-4:30P Open Swim	1:00-4:30P Open Swim	1:00-4:30P Open Swim	7:00-8:00a Lap Swim	
3:30-5:45P Y Dragons	1:00-2:30p Newberg CDC	3:30-5:45P Y Dragons		3:30-5:45P Y Dragons	8:00-9:30a Wilsonville HS	9:00-2:45p Lap Swim
4:30-6:30p Fun Club	3:30-5:45P Y Dragons	4:30-6:30p Fun Club	3:30-5:45P Y Dragons	4:30-6:30p Fun Club	9:30-11:00a Y Dragons	9:00-11:30p PreSchool Play
5:45-7:00p Bowmen Swimming	5:45-7:00p Bowmen Swimming	5:45-7:00p Bowmen Swimming	5:45-7:00p Bowmen Swimming	5:45-7:00p Bowmen Swimming	9:30-11:00a Lap Swim 1 lane	11:45-2:45p Open Swim
6:00-9:00P Family Swim	5:00-9:00P Family Swim	6:00-9:00P Open Swim	5:00-9:00P Open Swim	5:30-8:00P Family Swim	10:00-12:45P Open Swim	
7:00-9:00P Lap Swim	7:00-9:00P Lap Swim	7:00-9:00P Lap Swim	7:00-9:00P Lap Swim	7:00-8:00P Lap Swim	11:00-12:45p Lap Swim	

**Many activities are scheduled at the same time in our multi use pool.**

**Please put into practice our core values when encountering others.**

**LOVE  
RESPECT  
HONESTY  
RESPONSIBILITY  
SERVICE**