



# Pool Schedule

## MAPLE HILL FAMILY YMCA

	MON	TUE	WED	THU	FRI	SAT	SUN
9am	<b>AQUA FIT SHALLOW WATER WORKOUT</b> 9am - 10am	<b>AQUA FIT SHALLOW WATER WORKOUT</b> 9am - 10am	<b>AQUA FIT SHALLOW WATER WORKOUT</b> 9am - 10am	<b>AQUA FIT SHALLOW WATER WORKOUT</b> 9am - 10am			
11am							<b>Lap Swim</b> 11am - 1pm
12pm						<b>Lap Swim</b> 12:30pm - 2pm	
1pm	<b>Lap Swim</b> 1:30pm - 3:30pm	<b>Lap Swim</b> 1:30pm - 3:30pm	<b>Lap Swim</b> 1:30pm - 3:30pm	<b>Lap Swim</b> 1:30pm - 3:30pm	<b>Lap Swim</b> 1:30pm - 3:30pm		<b>Open Swim</b> 1pm - 5pm
2pm						<b>Open Swim</b> 2pm - 5pm	
3pm		<b>Open Swim</b> 3:30pm - 6pm		<b>Open Swim</b> 3:30pm - 6pm	<b>Open Swim</b> 3:30pm - 6pm		

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.

1673 Maple Hill Rd, Diamond Bar, CA 9176 | (909) 861-3424 | [ymcapv.org/maple-hill](http://ymcapv.org/maple-hill)