



We build strong kids, strong families, strong communities.

MARTINSVILLE - HENRY CO FAMILY YMCA FEBRUARY SCHEDULE - REVISED ON FEB 15TH, 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ADULT LAP 6:00-8:45AM	ADULT LAP 6:00-8:45AM	ADULT LAP 6:00-8:45AM	ADULT LAP 6:00-8:45AM COALITION CLASS 7:45- 8:45AM	ADULT LAP 6:00-8:45AM		
SWIMNASTICS 9:00-10:00 AM	SWIMNASTICS 9:00-10:00 AM	SWIMNASTICS 9:00-10:00 AM	SWIMNASTICS 9:00-10:00 AM	SWIMNASTICS 9:00-10:00 AM	AQUAEROBICS 9:00 - 10:00 AM 3 LANES	
ADULT LAP 10:00-2:00 PM	AQUACISE 10:00-11:00AM SILVER SPLASH 11:00-12:00PM ADULT LAP 11:00-2:00PM	ADULT LAP 10:00-2:00 PM	AQUACISE 10:00-11:00AM SILVER SPLASH 11:00-12:00PM ADULT LAP 11:00-2:00PM	ADULT LAP 10:00-2:00 PM INSTRUCTIONAL CLASS 11:15-12:00	INSTRUCTIONAL CLASSES 3 LANES 9:00 - 10:30 AM	OPEN / LAP SWIM 1:00 - 4:45 PM
OPEN / LAP SWIM 2:00-3:00PM	OPEN / LAP SWIM 2:00-3:00PM	OPEN / LAP SWIM 2:00-3:00PM	OPEN / LAP SWIM 2:00-3:00PM	OPEN / LAP SWIM 2:00-3:00PM	ADULT LAP 10:30 - 2:00 PM	
OPEN / LAP SWIM 3:00-4:00PM	LAP / OPEN SWIM 3:00-4:00PM	OPEN / LAP SWIM 3:00-4:00PM	LAP / OPEN SWIM 3:00-4:00PM	OPEN / LAP SWIM 3:00-4:00PM	OPEN / LAP SWIM 2:00 - 4:45 PM COALITION WATERAEROBICS 3:00 - 4:00 PM	
OPEN/LAP SWIM 4:00-5:30PM	LAP/OPEN SWIM 4:00-5:30PM	MARLINS SWIM TEAM 4:30-5:30PM	LAP/OPEN SWIM 4:00-5:30PM	OPEN / LAP SWIM 4:00-6:45 PM	CLOSED	
LAP SWIM 2 LANES AQUAEROBICS 4 LANES 5:30-6:30 PM	MARLINS SWIM TEAM 5:30 - 7:00 PM	LAP SWIM 2 LANES AQUAEROBICS 4 LANES 5:30-6:30 PM	MARLINS SWIM TEAM 5:30 - 7:00 PM	CLOSED	POOL AVAILABLE FOR POOL PARTY'S 5:00-7:00 PM	
INSTRUCTIONAL CLASSES 3LANES OPEN SWIM 3LANES 6:30 - 8:45PM	LAP / OPEN SWIM 7:00-8:45 PM COALITION WATERAEROBICS 7:15-8:15 PM	INSTRUCTIONAL CLASSES 3LANES OPEN SWIM 3LANES 6:30 - 8:45PM	LAP / OPEN SWIM 7:00-8:45 PM CANOE CLUB 7:30-8:30 PM	POOL AVAILABLE FOR POOL PARTY'S 7:00-9:00 PM	CLOSED	

NOW OFFERING SILVER SPLASH ON TUESDAY AND THURSDAY FROM 11:00-12:00PM !!
NEXT SWIM LESSONS START MARCH 8TH, 2010! (SWIM LESSON SIGN - UP STARTS MARCH 1ST, 2010)

LAP LANES ARE RESERVED FOR MEMBERS 18 YEARS OF AGE AND OLDER !!!