



Downtown Y Aquatics Schedule

Effective January 1st, 2018

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	TIME
5:45 AM						POOL		5:45 AM
6:00 AM			SWIM			CLOSED		6:00 AM
6:30 AM			ACADEMY					6:30 AM
7:00								7:00
7:30	AQUA Blast	Hyrdo Run			AQUA Intervals		POOL	7:30
8:00	730-830	730-830			715-830	MASTER	CLOSED	8:00
8:30						SWIM		8:30
9:00						DEEPWater		9:00
9:30						Fusion		9:30
10:00								10:00
10:30								10:30
11:00								11:00
11:30								11:30
12:00 PM		Hyrdo Run						12:00 PM
12:30		1210-1250						12:30
1:00								1:00
1:30								1:30
2:00								2:00
2:30								2:30
3:00								3:00
3:30								3:30
4:00								4:00
4:30								4:30
5:00								5:00
5:30								5:30
6:00	DEEPWater					POOL	POOL	6:00
6:30	Fusion	ADULT SWIM				CLOSED	CLOSED	6:30
7:00		LESSONS						7:00
7:30								7:30
8:00	SWIM		SWIM	SWIM	SWIM			8:00
8:30	OPEN	OP EN	OPEN	OPEN	OPEN			8:30
9:00		SW IM						9:00

YMCA OF GREATER SYRACUSE HYGENIC SWIM POOL POLICY POSTED ON BACK

*** Schedule is subject to change without notice