



COUNTRYSIDE YMCA STOLLE CENTER POOL SCHEDULE

MONDAY & WEDNESDAY

| | 7:00AM-8:00AM | 8:00AM-10:00AM | 10:00AM-12:00PM | 12:00PM-12:45PM | 12:45PM-3:30PM | 3:30PM-5:15PM | 5:15PM-6:15PM | 6:15PM-7:15PM |
|--------|---------------|----------------|-----------------|-----------------|----------------|------------------|---------------|---------------|
| LANE 1 | WALK | WATER FITNESS | WALK | COMM. ARTHRITIS | WALK | WALK & ATRIUM MC | WALK | WATER FITNESS |
| LANE 2 | FLEX | WATER FITNESS | FLEX | COMM. ARTHRITIS | FLEX | WALK & ATRIUM MC | FLEX | WATER FITNESS |
| LANE 3 | LAP | WALK | LAP | WALK | LAP | LAP | LAP | WATER FITNESS |

TUESDAY & THURSDAY

| | 7:00AM-8:00AM | 8:00AM-10:00AM | 10:00AM-10:30AM | 10:30AM-11:30AM | 11:30AM-12:00PM | 12:00PM-12:45PM | 12:45PM-6:15PM | 6:15PM-7:15PM |
|--------|---------------|----------------|-----------------|------------------|-----------------|-----------------|----------------|---------------|
| LANE 1 | WALK | WATER FITNESS | WATER FITNESS | WALK & ATRIUM MC | WALK | COMM. ARTHRITIS | WALK | WATER FITNESS |
| LANE 2 | FLEX | WATER FITNESS | WATER FITNESS | WALK & ATRIUM MC | FLEX | COMM. ARTHRITIS | FLEX | WATER FITNESS |
| LANE 3 | LAP | WALK | WALK | LAP | LAP | WALK | LAP | WATER FITNESS |

FRIDAY

| | 7:00AM-8:00AM | 8:00AM-10:00AM | 10:00AM-4:00PM |
|--------|---------------|----------------|----------------|
| LANE 1 | WALK | WATER FITNESS | WALK |
| LANE 2 | FLEX | WATER FITNESS | FLEX |
| LANE 3 | LAP | WALK | LAP |

SATURDAY

| | 7:00AM-3:00PM |
|--------|---------------|
| LANE 1 | WALK |
| LANE 2 | FLEX |
| LANE 3 | LAP |

SUNDAY

| | 12:00PM-5:45PM |
|--------|----------------|
| LANE 1 | WALK |
| LANE 2 | FLEX |
| LANE 3 | LAP |