

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

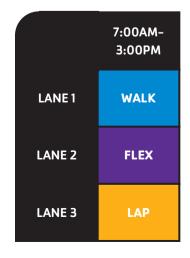
TUESDAY & THURSDAY

	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



SUNDAY

