

Effective January 1, 2010

Downtown Frankfort YMCA Pool Schedule

Questions or Comments:
Contact Sunshine Stacy
(502)875-9276x107

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
Lap Swim 5:30-9:00am	Lap Swim 5:30-9:00am	Lap Swim 5:30-9:00am	Lap Swim 5:30-9:00am	Lap Swim 5:30-9:00am	<p style="text-align: center; margin: 0;"><i>Pool Opens at 8:00am</i></p> <p style="text-align: center; margin: 0;">Lap Swim 8:00-10:30am</p> <p style="text-align: center; margin: 0;">Deep Water 9:30-10:30am</p> <p style="text-align: center; margin: 0;">Lap Swim D 10:30-11:30am</p> <p style="text-align: center; margin: 0;">Aqua Fitness 10:30-11:30am</p> <p style="text-align: center; margin: 0;">Lap Swim 11:30am-12:30pm</p> <p style="text-align: center; margin: 0;">Family Swim & Rentals* 12:30-3:00pm</p>	<p style="text-align: center; margin: 0;"><i>Pool Opens at 1:00pm</i></p> <p style="text-align: center; margin: 0;">Lap Swim 1:00-2:00pm</p> <p style="text-align: center; margin: 0;">Family Swim & Rentals* 2:00-3:00pm</p>		
Aqua Fitness 9:00-10:00am	Twinges 9:00-10:00am	Aqua Fitness 9:00-10:00am	Twinges 9:00-10:00am	Aqua Fitness 9:00-10:00am				
Open Swim 10:00-11:00am	Lap Swim 10:00am-1:00pm	Open Swim 10:00-11:00am	Lap Swim 10:00am-12:00pm	Open Swim 10:00-11:00am				
Lap Swim 11:00am-12:00pm		Lap Swim 11:00am-12:00pm		Lap Swim 11:00-12:15pm				
Lap Swim 12-1pm Deep Water Intervals 12:10-12:50pm		Lap Swim 12:00-1:00pm Deep Water 12:10-12:50pm		Lap Swim D 12:00-1:00pm Aqua Circuit 12:10-12:50pm			Deep Water 11:30-12:15pm	
		Lap Swim 12:00-1:00pm Deep Water 12:10-12:50pm		Lap Swim D 12:00-1:00pm Aqua Circuit 12:10-12:50pm			Aqua Strength 12:15-12:45 Lap Swim D 12:15-1:00pm	
		Stewart Home School 1:00-3:00pm	HYPE 1:00-3:00pm	Second Grade Swim 1:00-3:00pm				
Lap Swim 3:00-5:30pm	Lap Swim 3:00-5:00pm	Lap Swim 3:00-5:30pm	Lap Swim 3:00-5:00pm	YMCA Afterschool 3:00-4:30pm			<p style="text-align: center; margin: 0;">TNT 3:00-5:00pm</p> <p style="font-size: small; margin: 5px 0;">*If there is no pool rental, it is open swim. Please ask the front desk for weekly schedule.</p> <p style="font-size: small; margin: 5px 0;">**Only participants of the designated program are allowed in the pool during scheduled times.</p>	Family Swim 3:00-5:00pm
Lap Swim D 5:30-6:30pm Aqua Fitness 5:30-6:30pm	Family Swim 5:00-6:00pm Deep Water 5:00-6:00pm	Lap Swim D 5:30-6:30pm Aqua Fitness 5:30-6:30pm	Family Swim 5:00-6:00pm Deep Water Intervals 5-6pm	Lap Swim 4:30-6:00pm				
Family Swim 6:30-7:30pm	Swim Lessons 6:00-7:30pm (2 Adult Lap Lanes Available)	Family Swim 6:30-7:30pm	Swim Lessons 6:00-7:30pm (2 Adult Lap Lanes Available)	Family Swim 6:00-7:30pm				
TNT 7:30-9:00pm	TNT 7:30-9:00pm	TNT 7:30-9:00pm	TNT 7:30-9:00pm	TNT 7:30-9:00pm				

