


## Conejo Valley YMCA Summer 2010 Warm Water Pool Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6:00am	Open Exercise	Open Exercise	Open Exercise	Open Exercise	Open Exercise			
7:00am	Open Exercise	Open Exercise	Open Exercise	Open Exercise	Open Exercise			Open Exercise
8:00am	Open Exercise	Open Exercise	Open Exercise	Open Exercise	Open Exercise			Open Exercise
9:00am	Twinges Plus 9:00-10:00	Twinges in the Hinges 9:00-10:00	Twinges Plus 9:00-10:00	Twinges in the Hinges 9:00-10:00	Twinges Plus 9:00-10:00			Swim Lessons Open Exercise
10:00am	Open Exercise	Open Exercise 1/2 pool available	Open Exercise	Open Exercise	Open Exercise 1/2 pool available			Twinges in the Hinges 10:00-11:00
11:00am	Senior Water Exercise 11:00-12:00PM	Twinges in the Hinges 11:00- 12:00PM	Senior Water Exercise 11-1:00PM	Twinges in the Hinges 11-1:00	Open Exercise			Swim Lessons Open Exercise
12:00pm	Open Exercise Camp Swim	Open Exercise Camp Swim	Open Exercise Camp Swim	Open Exercise Camp Swim	Open Exercise Camp Swim	Swim Lessons Open Exercise	Open Exercise	
1:00pm	Open Exercise Camp Swim	Open Exercise 1/2 pool available Camp Swim	Open Exercise Camp Swim	Open Exercise 1/2 pool available Camp Swim	Open Exercise 1/2 pool available Camp Swim	Open Exercise	Open Exercise	
2:00pm	Open Exercise	Open Exercise 1/2 pool available	Open Exercise	Open Exercise 1/2 pool available	Open Exercise 1/2 pool available	Open Exercise	Open Exercise	
3:00pm	Open Exercise	Open Exercise	Open Exercise	Open Exercise	Open Exercise	Open Exercise	Open Exercise	
4:00pm	Swim Lessons Pool Closed	Swim Lessons Pool Closed	Swim Lessons Pool Closed	Swim Lessons Pool Closed	Open Exercise	Open Exercise Pool closes @ 5:00	Open Exercise Pool closes @ 5:00	
5:00pm	Swim Lessons Pool Closed	Swim Lessons Pool Closed	Swim Lessons Pool Closed	Swim Lessons Pool Closed	Open Exercise			
6:00pm	Open Exercise	Twinges Plus 6:00-7:00	Open Exercise	Open Exercise	Open Exercise			
7:00pm	Open Exercise	Open Exercise	Open Exercise	Open Exercise	Open Exercise			
8:00pm	Open Exercise Pool closes @ 8:30	Open Exercise Pool closes @ 8:30	Open Exercise Pool closes @ 8:30	Open Exercise Pool closes @ 8:30	Open Exercise Pool closes @ 8:30			

