

# SANTIAM FAMILY YMCA ~ STAYTON FAMILY MEMORIAL POOL

Website: [theYonline.org](http://theYonline.org) 400 W Virginia St, Stayton, Or Ph: (503) 767-7665



## March 28 - June 12 POOL SCHEDULE!

Schedule subject to change at any time

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lap Swim/ Water Movement 5:30 am -7:55 am	Lap Swim/ Water Movement 5:30-7:55am Aqua Aerobics 6:00-6:55	Lap Swim/ Water Movement 5:30 am -7:55 am	Lap Swim/ Water Movement 5:30-7:55am Aqua Aerobics 6:00-6:55	Lap Swim/ Water Movement 5:30-7:55am Aqua Aerobics 6:00-6:55	<b>CLOSED</b>	<b>CLOSED</b>
Core Conditioning 8:00-8:55	Joints in Motion 8:00-8:55	Core Conditioning 8:00-8:55	Joints in Motion 8:00-8:55	Core Conditioning 8:00-8:55	Rental 8:00-8:55	Rental 8:00-8:55
Power Hour 9:00-9:55	Power Hour 9:00-9:55	Power Hour 9:00-9:55	Power Hour 9:00-9:55	Power Hour (Tune Up time 1st & 3rd Friday's) 9:00-9:55	Rental 9:00-9:55	Rental 9:00-9:55
Joints in Motion/ Deep Plunge 10:00-10:55	Volleyball 10:00-10:55	Joints in Motion/ Deep Plunge 10:00-10:55	Volleyball 10:00-10:30	Deep 2 Shallow 10:00-10:55	Rental 10:00-10:55	Rental 10:00-10:55
Ai Chi 11:00-11:55	Preschool Lesson 11:00-11:30 Swim Lessons/ *Water Movement (deep end only) 11:30-12:00	Yogalates 11:00-11:55	Preschool Swim Lessons 10:30-11:30	Preschool Swim Lessons 11:00-11:55	Rental 11:00-11:55	Rental 11:00-11:55
Lap Swim/ Water Movement 12:00-12:55	Lap Swim/ Water Movement 12:00-12:55	Lap Swim/ Water Movement 12:00-12:55	Swim Lessons/ Water Movement 11:30-12:00 Lap Swim/ Water Movement 12:00-12:55	Lap Swim/ Water Movement 12:00-12:55	Lap Swim/ Water Movement 12:00-12:55	Lap Swim/ Water Movement 12:00-12:55
Kiwanis Swim Lesson 1:00 p-1:55 p	Kiwanis Swim Lesson 1:00 p-1:55 p	Kiwanis Swim Lesson 1:00 p-1:55 p	Kiwanis Swim Lesson 1:00 p-1:55 p	Open Swim 1:00-1:55	Open Swim 1:00-2:55	Open Swim 1:00-3:55
Senior Time 2:00-2:55	Senior Time 2:00-2:55	Senior Time 2:00-2:55	Senior Time 2:00-2:55	Senior Time 2:00-2:55		
YMCA Swim Team 4:00p - 6:00 p	Open Swim 3:00 p -4:45 p Swim Lessons/ * Water Movement (deep end only) 5:00pm-7:00pm	YMCA Swim Team 4:00p - 6:00 p	Open Swim 3:00 p -4:45 p Swim Lessons/ * Water Movement (deep end only) 5:00pm-7:00pm	After School Rental 3:00 p-4:30 p	Office Time 3:00-3:55	Rental 4:00-4:55
Twilight Lap/Water Movement 6:30 p - 7:25 p		Twilight Lap/Water Movement 6:30 p - 7:25 p		YMCA Swim Team 4:30p-5:55p		
Closed	YMCA/ Adult Lessons/ Lap Swim (1 lane) 7:00p-7:55p	Closed	YMCA/ Adult Lessons/ Lap Swim (1 lane) 7:00p-7:55p	Open Swim 6:00p-7:30p	Open Swim 4:00p-6:30p	Rental

**\*\* Note\*\***  
Water Movement during Swim Lessons: Lesson kids may practice diving in the deep end during this time.