



# Silver Falls Family YMCA

601 Miller Street, Silverton, OR 97381 503.873.6456 www.theYonline.org Facebook.com/silverfallsymca

## Holiday Pool Schedule November 19 - 25, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday				
6:00	Lap Swim			Closed			Closed		6:00		
6:30									6:30		
7:00									7:00		
7:30									7:30		
8:00	Aquacise [8-9a] Stretch & Tone [9-10a] Limited Lap Swim			Self-Led Aquacise Lap Swim Limited Open Swim			Closed		8:00		
8:30									8:30		
9:00									9:00		
9:30									9:30		
####	Aqua Foxes Swim Team Practice [10:00-11:30] <b>THE POOL WILL BE CLOSED FOR THIS PRACTICE</b>			Aqua Foxes Swim Team Practice <b>POOL CLOSED</b>					10:00		
####									10:30		
####									11:00		
####	SFR Swim Team [11:30-1:00] Kennedy High Swim Team Limited Lap Swim Swim Lessons			Limited Open Swim Limited Lap Swim			Limited Open Swim Lap Swim Private Lessons [12-2p]		11:30		
####									Limited Open Swim Lap Swim Private Lessons [12-2p]		12:00
####											12:30
1:00	Open Swim [1:00-3:00]			Closed			Limited Open Swim Lap Swim Private Lessons [12-2p]		1:00		
1:30									1:30		
2:00									2:00		
2:30									2:30		
3:00	Lap Swim Limited Open Swim [3:00-5:00]			Lap Swim Limited Open Swim [3:00 - 5:00]			Open Swim [2:00 - 4:00]		3:00		
3:30									3:30		
4:00									4:00		
4:30									4:30		
5:00	Lap Swim Swim Lessons Aquacise [6:00p - 7:00p]			Closed			Closed		5:00		
5:30									5:30		
6:00									6:00		
6:30									6:30		
7:00	Closed								7:00		

Showers are required

Limited Open Swim occurs in our two family pools only

No lap lanes available during Aqua Foxes practice time

We will be closed in the evening from 3:30-7p for Aqua Foxes Home Swim meets. Changes may occur.  
Dates: Nov. 29th, Dec. 11th, Dec. 13th, Jan. 8th, Jan. 15th