

HYC WEEKLY SCHEDULE 2016

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30							
8:00	Swim Lessons 8.30-9.00	Swim Lessons 8.30-9.00	Swim Lessons 8.30-9.00	Swim Lessons 8.30-9.00	Swim Lessons 8.30-9.00	POOL CLOSED	POOL CLOSED
8:30	Adult Swim Shallow End 8.00-8.30 Lanes 1-3 8.00-9.00	Adult Swim Shallow End 8.00-8.30 Lanes 1-3 8.00-9.00	Adult Swim Shallow End 8.00-8.30 Lanes 1-3 8.00-9.00	Adult Swim Shallow End 8.00-8.30 Lanes 1-3 8.00-9.00	Adult Swim Shallow End 8.00-8.30 Lanes 1-3 8.00-9.00		
9:00	Swimming Lessons 9:00-11:00	Swimming Lessons 9:00-11:00	Swimming Lessons 9:00-11:00	Swimming Lessons 9:00-11:00	Swimming Lessons 9:00-11:00		
9:30							
10:00							
10:30							
11:00	Swim Team 11-11:45	Swim Team 11-11:45	Swim Team 11-11:45	Swim Team - FUN DAY All Ages	Swim Team 11-11:45	Free Swim & Synchro Lessons 12:00-12:45	Free Swim
11:30				Pool & Pool Deck Closed			
12:00	Swim Team 11:45-12:30	Swim Team 11:45-12:30	Swim Team 11:45-12:30	Staff Meeting 11:30 - Noon	Swim Team 11:45-12:30		
12:30	Aquafit 12:00-1:00	Aquafit 12:00-1:00	Aquafit 12:00-1:00	Synchronized swimming 12:00 - 1:00 Junior and Senior	Aquafit 12:00-1:00		
1:00	13+ Swim Team 1:00-1:45	13+ Swim Team 1:00-1:45	13+ Swim Team 1:00-1:45	Masters Swimming 1:00 - 2:00	13+ Swim Team 1:00-1:45	Adult Swim 1:00-2:00 No Children In Pool Area	Adult Swim 1:00-2:00 No Children In Pool Area
1:30	Adult Swim - Shallow End 1:00 - 2:00	Adult Swim - Shallow End 1:00 - 2:00	Adult Swim - Shallow End 1:00 - 2:00	Adult Swim 1:00-2:00 No Children In Pool Area	Adult Swim - Shallow End 1:00 - 2:00		
2:00	Free Swim Synchronized swimming	Free Swim Synchronized swimming	Free Swim Synchronized swimming	Free Swim Synchronized swimming	Free Swim Synchronized swimming	Free Swim	Free Swim
2:30	2:00-3:00 deep end	2:00-3:00 deep end	2:00-3:00 deep end	2:00-3:00 deep end	2:00-3:00 deep end		
3:00							
3:30							
4:00							
4:30							
5:00				Atom Water Polo* 5:00-6:00 shallow end			
5:30			**Swim Meet Adult Swim Only - 5:30 - 6:00				
6:00	Adult Swim 6:-6:45	Adult Swim 6:-6:45	Adult Swim 6:-6:45				
6:30	No Children in Pool Area / Baby Pool Open						
7:00					Bantam Water Polo 7:00-8:00 deep end		
7:30							

***Atom & Bantam water polo practice will only be held on Wednesday June 24th, Thursday June 25th, Friday June 26th from 9.00am - 10.00am
Atom only Thursday July 2nd, 9th, 16th, 23rd 5.00pm-6.00pm Bantam only July 3rd, 10th, 17th, 24th, 31st from 7.00pm-8.00pm**

**** Swim meet pool closes at 5:30 on July 2nd, July 15th, August 5th****