

AUGUST 2022 AQUATICS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1:00-6:45PM LAP SWIM	5:30AM-8:45PM LAP SWIM	5:30AM-8:45PM LAP SWIM	5:30AM-8:45PM LAP SWIM	5:30AM-8:45PM LAP SWIM	5:30AM-8:45PM LAP SWIM	7:00am-6:45pm LAP SWIM
	9:00-9:45am AquaFit1 Peggy No Class (15)	9:00-9:45am Splashburner Karen No Class (16)	9:00-9:45am AquaFit1 Peggy No Class (17)	9:00-9:45am Splashburner Karen No Class (18)	9:00-9:45am AquaFit1 Karen No Class (19)	
						9:00-12:00pm Swim Lessons (Ends Aug 6 and Will Resume Sept 10)
	10:00-10:45am AquaFit2 Julie No Class (15)	10:00-10:45am Aqua Yoga Karen No Class (16)	10:00-10:45am AquaFit2 Peggy No Class (17)	10:00-10:45am Aqua Yoga Karen No Class (18)	10:00-10:45am Aqua Barre Julie No Class (19)	
		11:00am-4:15pm Family Swim		11:00am-4:15pm Family Swim		
	11:15am-12:00 Gentle Aquafit Peggy No Class (15) Karen (29)		11:15am-12:00 Gentle AquaFit Peggy No Class (17)		11:15am-12:00 Gentle AquaFit Carol No Class (19)	12:00-6:45pm Family Swim
1:00-6:45pm Family Swim					12:00-5:45pm Family Swim	
	12:00am-5:45pm Family Swim	3:30-4:30pm Afterschool Swimming		3:30-4:30pm Afterschool Swimming		
	3:30-4:30pm Afterschool Swimming	4:30-7:00pm Swim Lessons (Will Resume Sept 6)		4:30-7:00pm Swim Lessons (Will Resume Sept 6)	6:00-6:45pm Splashburner Karen No Class (19)	
	6:00-6:45pm Splashburner Jenn Karen (1) No Class (15)					
	7:00-8:45pm Family Swim	7:00-8:45pm Family Swim	12:00-8:45pm Family Swim	7:00-8:45pm Family Swim	7:00-8:45pm Family Swim	
<p>THE STAUNTON-AUGUSTA YMCA INDOOR POOL WILL BE CLOSED AUGUST 14-21 FOR OUR ANNUAL CLEANING – Please see the front desk for alternate places to swim!</p> <p>Private Swim Lessons may be scheduled during any operational hours</p> <p>*We are currently hiring for Lifeguards and Swim Instructors*</p> <p>**If interested please email Beth Valentine your resume at beth@saymca.org**</p>						