



SFY Pool Schedule (11.23 - 11.29.2020), 11.19v

Sussex Family YMCA

November 23rd - November 29th

20080 Church St  
 Rehoboth Beach, DE 19971  
 3022969622

	MON 23	TUE 24	WED 25	THU 26	FRI 27	SAT 28	SUN 29
5am	<b>Lap Swim (6 Lanes)</b> Pool 5am - 9am	<b>Lap Swim (6 Lanes)</b> Pool 5am - 7:45am	<b>Lap Swim (6 Lanes)</b> Pool 5am - 7:45am		<b>Lap Swim (6 Lanes)</b> Pool 5am - 9am		
7am		<b>Pool Transition/Cleaning</b> Pool 7:45am - 8am	<b>Pool Transition/Cleaning</b> Pool 7:45am - 8am			<b>Lap Swim (6 Lanes)</b> Pool 7am - 9am	
8am		<b>Small Group - Deep Water Bootcamp (Reg. Required)</b> Pool (water fitness) 8am - 9am	<b>Aqua Aerobics</b> Pool (water fitness) 8am - 9am				
		<b>Aquacise</b> Pool (water fitness) 8am - 9am					
9am	<b>Pool Transition/Cleaning</b> Pool 9am - 9:15am	<b>Pool Transition/Cleaning</b> Pool 9am - 9:15am	<b>Pool Transition/Cleaning</b> Pool 9am - 9:15am		<b>Pool Transition/Cleaning</b> Pool 9am - 9:15am	<b>Lap Swim (4 Lanes)</b> Pool 9am - 1:45pm	
	<b>The ABCs of Aquatic Exercise</b> Pool (water fitness) 9:15am - 10:15am	<b>Aqua Fun</b> Pool (water fitness) 9:15am - 10:15am	<b>The ABCs of Aquatic Exercise</b> Pool (water fitness) 9:15am - 10:15am		<b>The ABCs of Aquatic Exercise</b> Pool (water fitness) 9:15am - 10:15am	<b>Rec Swim (2 Lanes)</b> Pool 9am - 1:45pm	
10am	<b>Pool Transition/Cleaning</b> Pool 10:15am - 10:30am	<b>Pool Transition/Cleaning</b> Pool 10:15am - 10:30am	<b>Pool Transition/Cleaning</b> Pool 10:15am - 10:30am		<b>Pool Transition/Cleaning</b> Pool 10:15am - 10:30am		
	<b>LaBlast® Splash</b> Pool (water fitness) 10:30am - 11:15am	<b>Rec Swim (2 Lanes)</b> Pool 10:30am - 3:15pm	<b>Rec Swim (2 Lanes)</b> Pool 10:30am - 7:45pm		<b>Rec Swim (2 Lanes)</b> Pool 10:30am - 7:45pm		
		<b>Lap Swim (4 Lanes)</b> Pool 10:30am - 2:30pm	<b>Lap Swim (4 Lanes)</b> Pool 10:30am - 7:45pm		<b>Lap Swim (4 Lanes)</b> Pool 10:30am - 7:45pm		
11am	<b>Lap Swim (4 Lanes)</b> Pool 11:30am - 2:30pm						
	<b>Rec Swim (2 Lanes)</b> Pool 11:30am - 3:15pm						
2pm	<b>Lap Swim (2 Lanes)</b> Pool 2:30pm - 3:15pm	<b>School's Out Swim (2 Lanes)</b> Pool 2:30pm - 3:15pm					
	<b>School's Out Swim (2 Lanes)</b> Pool 2:30pm - 3:15pm	<b>Lap Swim (2 Lanes)</b> Pool 2:30pm - 3:15pm					
3pm	<b>Pool Transition/Cleaning</b> Pool 3:15pm - 3:30pm	<b>Pool Transition/Cleaning</b> Pool 3:15pm - 3:30pm					

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.



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<b>Rec Swim (2 Lanes)</b> Pool 3:30pm - 7:45pm	<b>Lap Swim (4 Lanes)</b> Pool 3:30pm - 7:45pm					
<b>Lap Swim (4 Lanes)</b> Pool 3:30pm - 7:45pm	<b>Rec Swim (2 Lanes)</b> Pool 3:30pm - 7:45pm					

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.