



# RITE HITE FAMILY YMCA OF METROPOLITAN MILWAUKEE

## SUMMER 2016: JUNE 13 - AUGUST 28

LARGE POOL HOURS: MON-FRI. 5:30AM-8:30PM/SAT 6:30AM-6:30PM/

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		5:30-9:00a <b>Open exercise</b> 3 lap lanes	5:30-9:00a <b>Open exercise</b> 3 lap lanes	5:30-9:00a <b>Open exercise</b> 3 lap lanes	5:30-9:00a <b>Open exercise</b> 3 lap lanes	5:30-9:00a <b>Open exercise</b> 3 lap lanes	6:30-9:00a <b>Open exercise</b> 3 lap lanes
8:00a-4:00p <b>Open swim</b> 3 lap lanes		9:00-11:30 <b>Limited space:</b> 1 or 2 lap lanes  <b>Deep end open swim only</b> <u>-9:00-9:45</u> is Joint Movement <u>-10:45-11:30</u> is Shallow H2Oex	9:00-12:00 <b>Limited space:</b> 1 or 2 lap lanes  <b>Deep end open swim only</b> <u>-9:00-10:00</u> is Joint Movement <u>-10:00-11:00</u> is MS/Stroke <u>-11:15-12:00</u> is Shallow H2Oex	9:00-11:30 <b>Limited space:</b> 1 or 2 lap lanes  <b>Deep end open swim only</b> <u>-9:00-9:45</u> is Joint Movement <u>-10:45-11:30</u> is Shallow H2Oex	9:00-12:00 <b>Limited space:</b> 1 or 2 lap lanes  <b>Deep end open swim only</b> <u>-9:00-10:00</u> is Joint Movement <u>-10:00-11:00</u> is MS/Stroke <u>-11:15-12:00</u> is Shallow H2Oex	9:00-11:30 <b>Limited space:</b> 1 or 2 lap lanes  <b>Deep end open swim only</b> <u>-9:00-9:45</u> is Joint Movement <u>-10:45-11:30</u> is Aqua Zumba	9:00-11:30a <b>Limited space:</b> Open swim 1 lap lane Swim lessons run 9:00-11:25
		12:10-3:15p <b>Day camp swims</b> Open swim 1 or 2 lap lanes	12:10-3:15p <b>Day camp swims</b> Open swim 1 or 2 lap lanes	11:30-4:15 <b>Open swim</b> 3 lap lanes 1:00-3:15 Swim lessons	12:10-3:15p <b>Day camp swims</b> Open swim 1 or 2 lap lanes		
		3:15-4:15 <b>Open swim</b> 3 lap lanes	3:15-4:15 <b>Open swim</b> 3 lap lanes		3:15-4:15 <b>Open swim</b> 3 lap lanes	11:30a-8:30p <b>Open swim</b> 3 lap lanes 1:00-3:15 Swim lessons	11:30a-6:30p <b>Open swim</b> 3 lap lanes
4:00-6:30 <b>Limited space:</b> 1 lap lane Open swim 4:00-6:15 swim lessons		4:15-6:40 <b>Limited space</b> Open swim Swim lessons 1 or 2 lap lanes	4:15-6:40 <b>Limited space</b> Open swim Swim lessons 1 or 2 lap lanes	4:15-6:40 <b>Limited space</b> Open swim Swim lessons 1 or 2 lap lanes	4:15-6:40 <b>Limited space</b> Open swim Swim lessons 1 or 2 lap lanes		
		6:45-7:30p <b>Aqua zumba</b> Deep open swim only	6:45-7:30p <b>Aqua zumba</b> Deep open swim only	6:40-8:30 <b>Open exercise</b> 2 or 3 lap lanes	6:45-7:30p <b>Aqua zumba</b> Deep open swim only		
		7:30-8:30 <b>Open exercise</b> 3 lap lanes	7:30-8:30 <b>Open exercise</b> 3 lap lanes		7:30-8:30 <b>Open exercise</b> 3 lap lanes		

This color box indicates **limited** pool space: either no shallow open swim or few/no lap lanes

This color box shows when **day camp** has open swim

The time is listed first in each box. It is followed by pool space, activities going on, and how many lap lanes will be available.

When multiple activities are listed, the underlined time is followed by the activity that will be occurring.

Lap lanes should be for continuous lap swimmers only. Please use open swim space for aqua jogging, stretching, & aerobics.

If you have questions please call the Aquatics Office at (414)357-2848