

YMCA SILVER SPRING FALL I INDOOR POOL SCHEDULE

September 1, 2019



Pool Hours	Monday						Tuesday						Pool Hours	Wednesday						Thursday						Pool Hours
	6	5	4	3	2	1	6	5	4	3	2	1		6	5	4	3	2	1	6	5	4	3	2	1	
5:00 AM	L	L	L	L	L	R	L	L	L	L	R	R	5:00 AM	L	L	L	L	R	R	L	L	L	L	R	R	5:00 AM
6:00 AM	A	A	A	A	A	E	A	A	A	A	E	E	6:00 AM	A	A	A	A	E	E	A	A	A	A	E	E	6:00 AM
6:30 AM	P	P	P	P	P	C	P	P	P	P	C	C	6:30 AM	P	P	P	P	C	C	P	P	P	P	C	C	6:30 AM
7:00 AM													7:00 AM													7:00 AM
7:30 AM													7:30 AM													7:30 AM
8:00 AM													8:00 AM													8:00 AM
8:30 AM													8:30 AM													8:30 AM
9:00 AM													9:00 AM													9:00 AM
9:30 AM													9:30 AM													9:30 AM
10:00 AM													10:00 AM													10:00 AM
10:30 AM													10:30 AM													10:30 AM
11:00 AM													11:00 AM													11:00 AM
11:30 AM	L	L	L	L	R	R	L	L	L				11:30 AM	L	L	L	L	R	R							11:30 AM
12:00 PM	A	A	A	A	E	E	A	A	A				12:00 PM	A	A	A	A	E	E							12:00 PM
12:30 PM	P	P	P	P	C	C	P	A	P				12:30 PM	P	P	P	P	C	C							12:30 PM
1:00 PM													1:00 PM													1:00 PM
1:30 PM													1:30 PM													1:30 PM
2:00 PM													2:00 PM													2:00 PM
2:30 PM													2:30 PM													2:30 PM
3:00 PM													3:00 PM													3:00 PM
3:30 PM													3:30 PM													3:30 PM
4:00 PM													4:00 PM													4:00 PM
4:30 PM													4:30 PM													4:30 PM
5:00 PM													5:00 PM													5:00 PM
5:30 PM													5:30 PM													5:30 PM
6:00 PM													6:00 PM													6:00 PM
6:30 PM													6:30 PM													6:30 PM
7:00 PM													7:00 PM													7:00 PM
7:30 PM													7:30 PM													7:30 PM
8:00 PM													8:00 PM													8:00 PM
8:30 PM													8:30 PM													8:30 PM
9:00 PM													9:00 PM													9:00 PM
10:00 PM													10:00 PM													10:00 PM

Pool Closes at 9:45 PM

Pool Closes at 9:45 PM

YMCA SILVER SPRING FALL I INDOOR POOL SCHEDULE

Effective September 1, 2019



Key	
S/L	Swim Lessons
SWA	Shallow Water Aerobics
DWA	Deep Water Aerobics
DWR	Deep Water Run
SC	Summer Camp
AL	Arthritis Locomotion

Questions?
Please Contact
Aquatic Department
301-585-2120 xt. 2518

YMCA Silver Spring
9800 Hastings Dr.
Silver Spring, MD 20901
T: 301-585-2120

Updates:
ymcadc.org/branch.cfm?bid=14
[facebook.com/YMCASilverSpring](https://www.facebook.com/YMCASilverSpring)

Pool Hours	Friday						Pool Hours	Saturday						Sunday						Pool Hours
	6	5	4	3	2	1		6	5	4	3	2	1	6	5	4	3	2	1	
5:00 AM	L	L	L	L	R	R	5:00 AM	POOL OPENS @ 6:00AM												5:00 AM
6:00 AM	A	A	A	A	E	E	6:00 AM	L	L	L	L	R	R	L	L	L	L	R	R	6:00 AM
6:30 AM	P	P	P	P	C	C	6:30 AM	A	A	A	A	E	E	A	A	A	A	E	E	6:30 AM
7:00 AM							7:00 AM													7:00 AM
7:30 AM							7:30 AM													7:30 AM
8:00 AM							8:00 AM													8:00 AM
8:30 AM							8:30 AM													8:30 AM
9:00 AM							9:00 AM													9:00 AM
9:30 AM	S/L						9:30 AM													9:30 AM
10:00 AM							10:00 AM													10:00 AM
10:30 AM							10:30 AM													10:30 AM
11:00 AM							11:00 AM													11:00 AM
11:30 AM							11:30 AM													11:30 AM
12:00 PM							12:00 PM													12:00 PM
12:30 PM							12:30 PM													12:30 PM
1:00 PM							1:00 PM													1:00 PM
1:30 PM							1:30 PM													1:30 PM
2:00 PM							2:00 PM													2:00 PM
2:30 PM							2:30 PM													2:30 PM
3:00 PM							3:00 PM													3:00 PM
3:30 PM							3:30 PM													3:30 PM
4:00 PM							4:00 PM													4:00 PM
4:30 PM							4:30 PM													4:30 PM
5:00 PM							5:00 PM													5:00 PM
5:30 PM							5:30 PM													5:30 PM
6:00 PM							6:00 PM													6:00 PM
6:30 PM							6:30 PM													6:30 PM
7:00 PM							7:00 PM													7:00 PM
7:30 PM							7:30 PM													7:30 PM
8:00 PM							8:00 PM													8:00 PM
8:30 PM							8:30 PM													8:30 PM
9:00 PM							9:00 PM													9:00 PM
10:00 PM							10:00 PM													10:00 PM

Pool Closes at 9:45

Pool Closes At 7:45

YMCA SILVER SPRING FALL I OUTDOOR POOL SCHEDULE

Effective September 1, 2019



Pool Hours	Monday						Tuesday						Pool Hours	Wednesday						Thursday						Pool Hours			
	6	5	4	3	2	1	6	5	4	3	2	1		6	5	4	3	2	1	6	5	4	3	2	1				
6:00 AM	R	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	6:00 AM	
6:30 AM	E	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	6:30 AM	
7:00 AM	C	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	7:00 AM	
7:30 AM																													7:30 AM
8:00 AM																													8:00 AM
8:30 AM																													8:30 AM
9:00 AM																													9:00 AM
9:30 AM																													9:30 AM
10:00 AM																													10:00 AM
10:30 AM																													10:30 AM
11:00 AM																													11:00 AM
11:30 AM																													11:30 AM
12:00 PM																													12:00 PM
12:30 PM																													12:30 PM
1:00 PM																													1:00 PM
1:30 PM																													1:30 PM
2:00 PM																													2:00 PM
2:30 PM																													2:30 PM
3:00 PM																													3:00 PM
3:30 PM																													3:30 PM
4:00 PM																													4:00 PM
4:30 PM																													4:30 PM
5:00 PM																													5:00 PM
5:30 PM																													5:30 PM
6:00 PM																													6:00 PM
6:30 PM																													6:30 PM
7:00 PM																													7:00 PM
7:30 PM																													7:30 PM
8:00 PM																													8:00 PM
8:30 PM																													8:30 PM
9:00 PM																													9:00 PM
10:00 PM																													10:00 PM

Pool Closes @ 8:00 PM

Pool Closes @ 8:00PM

YMCA SILVER SPRING FALL I OUTDOOR POOL SCHEDULE

Effective September 1, 2019



Key	
S/L	Swim Lessons
SWA	Shallow Water Aerobics
DWA	Deep Water Aerobics
DWR	Deep Water Run
SC	Summer Camp
AL	Arthritis Locomotion

Questions?
Please Contact
Aquatic Department
301-585-2120 xt. 2518

YMCA Silver Spring
9800 Hastings Dr.
Silver Spring, MD 20901
T: 301-585-2120

Updates:
ymcadc.org/branch.cfm?bid=14
facebook.com/YMCASilverSpring

Pool Hours	Friday						Pool Hours	Saturday						Sunday						Pool Hours
	6	5	4	3	2	1		6	5	4	3	2	1	6	5	4	3	2	1	
6:00 AM	R	L	L	L	L	L	6:00 AM	Pool Opens @ 7:00 AM												6:00 AM
6:30 AM	E	A	A	A	A	A	6:30 AM													6:30 AM
7:00 AM	C	P	P	P	P	P	7:00 AM	R	L	L	L	L	L	R	L	L	L	L	L	7:00 AM
7:30 AM							7:30 AM	E	A	A	A	A	A	E	A	A	A	A	A	7:30 AM
8:00 AM							8:00 AM	C	P	P	P	P	P	C	P	P	P	P	P	8:00 AM
8:30 AM							8:30 AM													8:30 AM
9:00 AM							9:00 AM													9:00 AM
9:30 AM							9:30 AM													9:30 AM
10:00 AM							10:00 AM													10:00 AM
10:30 AM							10:30 AM													10:30 AM
11:00 AM							11:00 AM													11:00 AM
11:30 AM							11:30 AM													11:30 AM
12:00 PM							12:00 PM													12:00 PM
12:30 PM							12:30 PM													12:30 PM
1:00 PM							1:00 PM													1:00 PM
1:30 PM							1:30 PM													1:30 PM
2:00 PM							2:00 PM													2:00 PM
2:30 PM							2:30 PM													2:30 PM
3:00 PM							3:00 PM													3:00 PM
3:30 PM							3:30 PM													3:30 PM
4:00 PM							4:00 PM													4:00 PM
4:30 PM							4:30 PM													4:30 PM
5:00 PM							5:00 PM													5:00 PM
5:30 PM							5:30 PM													5:30 PM
6:00 PM							6:00 PM	Pool Closes @ 6:00PM												6:00 PM
6:30 PM							6:30 PM													6:30 PM
7:00 PM							7:00 PM													7:00 PM
7:30 PM							7:30 PM													7:30 PM
8:00 PM							8:00 PM	Pool Closes @ 8:00PM												8:00 PM
8:30 PM							8:30 PM													8:30 PM
9:00 PM							9:00 PM													9:00 PM
10:00 PM							10:00 PM													10:00 PM