

NEAL CENTER YMCA Pool Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Lap/Open Swim 7:00-8:00am		Lap/Open Swim 7:00-9:00am			Color Codes
Aqua Aerobics 8:00-9:00am Madelyn	Aqua Aerobics 8:00-9:00am Deanna	Aqua Aerobics 8:00-9:00am Madelyn		Aqua Aerobics 8:00-9:00am Betty	Aqua Aerobics 8:00-9:00am Deanna	Aqua Fitness
Just Move It 9:00-10:00am Madelyn	Deep Water Aerobics 9:00-10:00am Deanna	Just Move It 9:00-10:00am Madelyn	Aqua Aerobics 9:00am-10:00am Deanna	Just Move It 9:00-10:00am Betty	Lap/Open Swim 9:00-11:00am	Lap Swim
AUGUST ONLY Gentle Joints 10-11am w/Tana	Lap/Open Swim 10:00-11:00am	Lap/Open Swim 10:00-11:00am	Lap/Open Swim 10:00-11:00am	AUGUST ONLY Gentle Joints 10-11am w/Tana		Swim Lessons
AUGUST ONLY Prime Time 11am-12 w/Tana	AUGUST ONLY OPEN SWIM 11-4	AUGUST ONLY OPEN SWIM 11-4	AUGUST ONLY OPEN SWIM 11-4	AUGUST ONLY Prime Time 10-22am w/Tana	AUGUST ONLY OPEN SWIM 11AM-1	Summer Camp
AUGUST ONLY OPEN SWIM 1-4				AUGUST ONLY OPEN SWIM 1-4		AUGUST ONLY OPEN SWIM 1-4
Lap/Open Swim 4:00-7:00pm	Tai Chi 4:00-5:00pm Bonnie	Group Swim Lessons 4:15-6:00	Tai Chi 4:00-5:00pm Bonnie	Lap/Open Swim 4:00-7:00pm	Lap/Open Swim 1:00-3:00pm	Lap/Open Swim 1:00-3:00pm
	Aqua Aerobics 5:00-6:00pm				Lap Swim (2 lanes) 4-6pm	Lap Swim (1 Lane) 4-6pm
AUGUST ONLY Aqua Zumba 6-7p w/ Louise	Lap/Open Swim 6:00-7:00pm	AUGUST ONLY Aqua Zumba 6-7p w/ Louise	Lap/Open Swim 6:00-7:00pm		Saturday/Sunday 3-5pm available for rentals contact Lisa Jones for more information	Pool is accessible by EZ Ladder, and a 300lbs max. Chair Lift
				AJ Sears Aquatics Director 217-234-9494 asears@mattoonymca.org		

Any child who must wear a lifejacket or is under 4 ft tall must be accompanied by an adult in the pool, within an arm's reach.

Any child under the age of 10 must always be supervised by an adult.

