



# BRYMCA EMERY POOL BREAK WEEK SCHEDULE

June 10–June 17, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30–8am LAP SWIM (4 lanes)  OPEN SWIM (2 lanes)	5:30–8am <b>AQUA COMBO</b> (2 lanes)  LAP SWIM (4 lanes)	5:30–7pm LAP SWIM (4 lanes)  OPEN SWIM (2 lanes)	5:30–8am <b>AQUA COMBO</b> (2 lanes)  LAP SWIM (4 lanes)	5:30–7pm LAP SWIM (4 lanes)  OPEN SWIM (2 lanes)	7:30–4pm LAP SWIM (3 lanes)  OPEN SWIM (3 lanes)	CLOSED
8–8:45 am <b>AQUA COMBO</b> (5 lanes)  LAP SWIM (1 lane)	8–8:45am <b>DEEP H2O AEROBICS</b> (5 lanes)  LAP SWIM (1 lane)		8–8:45am <b>DEEP H2O AEROBICS</b> (5 lanes)  LAP SWIM (1 lane)			
9am –7pm LAP SWIM (4 lanes)  OPEN SWIM (2 lanes)	9am–7pm LAP SWIM (4 lanes)  OPEN SWIM (2 lanes)		9am– 9:45am <b>SECOND GRADE SWIM</b> (2 lanes) LAP SWIM (4 lanes)  9:45am–7pm LAP SWIM (4 lanes) OPEN SWIM (2 lanes)			



# BRYMCA THERAPY POOL BREAK WEEK SCHEDULE

June 10–June 17, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30–9am OPEN THERAPEUTIC (ADULTS ONLY)	7:30–9am OPEN THERAPEUTIC (ADULTS ONLY)	7:30–9am OPEN THERAPEUTIC (ADULTS ONLY)	7:30–9am OPEN THERAPEUTIC (ADULTS ONLY)	7:30–9am OPEN THERAPEUTIC (ADULTS ONLY)	7:30–9am OPEN THERAPEUTIC (ADULTS ONLY)	CLOSED          Updated 6/1/2018
9– 9:30am <b>STRETCH &amp; BALANCE</b>	9am–2pm OPEN SWIM	9am– 7pm OPEN SWIM	9am–2pm OPEN SWIM	9am– 10pm OPEN SWIM	9–7PM OPEN SWIM	
9:30am– 7pm OPEN SWIM	2–4pm CLOSED (LincolnHealth Physical Therapy)		2–4pm CLOSED (LincolnHealth Physical Therapy)	10am–12pm <b>MONTESSORI SWIM</b>		
	4pm–7pm OPENSWIM		4pm–7pm OPENSWIM	3–4pm <b>FIT KIDZ SWIM</b>		4pm–7pm OPEN SWIM

## POOL SCHEDULES ARE SUBJECT TO CHANGE

SAUNA: The Sauna is open the hours that Emery Pool is open. Must be 16+ years old to be in the sauna.

OPEN SWIM:

- Children ages 6 –10 years must be accompanied by an adult at all times in the pool area.
- Children under 6 and non swimmers must be accompanied by an adult in the water at all times.
- Swim tests are given to anyone 18 & under