Pool @ Greater Missoula Family YMCA

November 21st - November 27th

3000 South Russell Street
MISSOULA, MT 59801
(406) 721-9622

	SAT 21	SUN 22	MON 23	TUE 24	WED 25	THU 26	FRI 27
5am			**Lap Swim - Partial Pool** 5:30am - 7am	**Lap Swim - Partial Pool** 5:30am - 7am	**Lap Swim - Partial Pool** 5:30am - 7am	**Lap Swim - Partial Pool** 5:30am - 7am	**Lap Swim - Partial Pool** 5:30am - 7am
			Swim Team - 3 Lanes 5:30am - 7am	**Swim Team - 3 Lanes** 5:30am - 7am	**Swim Team - 3 Lanes** 5:30am - 7am	**Swim Team - 3 Lanes** 5:30am - 7am	**Swim Team - 3 Lanes** 5:30am - 7am
7am	**Swim Team** 7am - 9am		**Lap Swim - Whole Pool** 7am - 7:30am	**Lap Swim - Whole Pool** 7am - 7:30am	**Lap Swim - Whole Pool** 7am - 7:30am	**Lap Swim - Whole Pool** 7am - 7:30am	**Lap Swim - Whole Pool** 7am - 7:30am
			Lap Swim - Partial Pool 7:30am - 8:30am	**Aqua HIIT** Julie C 7:30am - 8:30am	**Aqua Intervals (S)** Nora K 7:30am - 8:30am	**Aqua HIIT** Class Canceled YMCA Closed 7:30am - 8:30am	**Aqua Aerobics HIIT** Anny B 7:30am - 8:30am
8am		**Lap Swim - Whole Pool** 8am - 10am					
9am	**Lap Swim - Partial Pool** 9am - 7:30pm						
	Open Swim - Partial Pool 9am - 7:30pm						
10am		**Swim Lessons** 10am - 12:15pm					
11am			**Aqua Intervals (S)** Logann M 11:05am - 12:05pm		**Water Aerobics** Anny B 11:05am - 12pm		**Water Aerobics** Judy H 11:05am - 12pm
12pm		**Lap Swim - Partial Pool** 12:15pm - 5:30pm					
		Open Swim - Partial Pool 12:15pm - 5:30pm					
4pm							**Swim Team** 4pm - 5:30pm
5pm							**Lap Swim - Partial Pool** 5:30pm - 9:30pm
							Open Swim - Partial Pool 5:30pm - 9:30pm

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.