Pool @ Greater Missoula Family YMCA

November 22nd - November 28th

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

	SUN 22	MON 23	TUE 24	WED 25	THU 26	FRI 27	SAT 28
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		**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	**Swim Team** 7am - 9am
		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.