Pool @ Greater Missoula Family YMCA

November 27th - December 3rd

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

	FRI 27	SAT 28	SUN 29	MON 30	TUE 1	WED 2	THU 3
5am	**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			
7am	**Lap Swim - Whole Pool** 7am - 7:30am	**Swim Team** 7am - 9am		**Lap Swim - Whole Pool** 7am - 7:30am	**Aqua HIIT** Julie C 7:30am - 8:30am	**Aqua Intervals (S)** Nora K 7:30am - 8:30am	**Aqua HIIT** Logann M 7:30am - 8:30am
	Aqua Aerobics HIIT Anny B 7:30am - 8:30am			**Lap Swim - Partial Pool** 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					
11am	**Water Aerobics** Judy H 11:05am - 12pm			**Aqua Intervals (S)** Logann M 11:05am - 12:05pm		**Water Aerobics** Anny B 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.