



Richard E. Lindner YMCA

June 25th - July 1st

2039 Sherman Avenue

Norwood, OH 45212

513.731.0115

	TUE 25	WED 26	THU 27	FRI 28	SAT 29	SUN 30	MON 1
12am	No Open Gym Gym 12am - 12pm	No Open Gym Gym 12am - 12pm	No Open Gym Gym 12am - 12pm	No Open Gym Gym 12am - 12pm	No Open Gym Gym 12am - 12pm	No Open Gym Gym 12am - 12pm	No Open Gym Gym 12am - 12pm
6am	Lap Swim (Multiple Lanes) Indoor Pool 6:30am - 8:30am		Lap Swim (Multiple Lanes) Indoor Pool 6:30am - 8:30am				
7am		Lap Swim (Multiple Lanes) Indoor Pool 7am - 9:30am		Lap Swim (Multiple Lanes) Indoor Pool 7am - 9:30am			Lap Swim (Multiple Lanes) Indoor Pool 7am - 9:30am
8am	Open Swim / Lap Swim Indoor Pool 8:30am - 9:30am		Open Swim / Lap Swim Indoor Pool 8:30am - 9:30am				
9am	SHALLOW WATER WORKOUT Indoor Pool Diane B. 9:30am - 10:30am	SHALLOW WATER WORKOUT Indoor Pool Anita B. 9:30am - 10:30am	SHALLOW WATER WORKOUT Indoor Pool Diane B. 9:30am - 10:30am	SHALLOW WATER WORKOUT Indoor Pool Anita B. 9:30am - 10:30am	Lap Swim (Multiple Lanes) Indoor Pool 9am - 1:15pm		SHALLOW WATER WORKOUT Indoor Pool Anita B. 9:30am - 10:30am
10am	Lap Swim (Multiple Lanes) Indoor Pool 10:30am - 1pm	SHALLOW WATER WORKOUT Indoor Pool Anita B. 10:30am - 11:30am	Lap Swim (Multiple Lanes) Indoor Pool 10:30am - 1pm	SHALLOW WATER WORKOUT Indoor Pool Anita B. 10:30am - 11:30am		Lap Swim (Multiple Lanes) Indoor Pool 10am - 3:45pm	Lap Swim (Multiple Lanes) Indoor Pool 10am - 3:45pm
							SHALLOW WATER WORKOUT Indoor Pool Anita B. 10:30am - 11:30am
11am		Lap Swim (Multiple Lanes) Indoor Pool 11:30am - 1pm		Lap Swim (Multiple Lanes) Indoor Pool 11:30am - 1pm			Lap Swim (Multiple Lanes) Indoor Pool 11:30am - 1pm
12pm					Open Swim / Lap Swim Outdoor Pool 12pm - 5:45pm	Open Swim / Lap Swim Outdoor Pool 12pm - 3:45pm	
2pm	Open Swim / Lap Swim Outdoor Pool 2pm - 8pm	Open Swim / Lap Swim Outdoor Pool 2pm - 8pm	Open Swim / Lap Swim Outdoor Pool 2pm - 8pm	Open Swim / Lap Swim Outdoor Pool 2pm - 8pm			Open Swim / Lap Swim Outdoor Pool 2pm - 8pm
4pm	Lap Swim (Multiple Lanes) Indoor Pool 4pm - 7pm	Lap Swim (Multiple Lanes) Indoor Pool 4pm - 7pm	Lap Swim (Multiple Lanes) Indoor Pool 4pm - 7pm	Lap Swim (Multiple Lanes) Indoor Pool 4pm - 6pm			Lap Swim (Multiple Lanes) Indoor Pool 4pm - 7pm
7pm	Lap Swim (One Lane) Indoor Pool 7pm - 8pm	Lap Swim (One Lane) Indoor Pool 7pm - 8pm	SHALLOW WATER WORKOUT Indoor Pool Christen B. 7pm - 8pm				DEEP WATER WORKOUT Indoor Pool Pat B. 7pm - 8pm

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.



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