



Sherwood Regional Family YMCA | April 21st - April 27th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim Pool						8:00AM-10:30AM (Lap Swim)	11:00AM-1:00PM (Lap Swim)
Toddler Time Pool						8:00AM-9:30AM (Pool Schedule) <i>N/A</i>	11:00AM-1:00PM (Pool Schedule)
Cycle Cycle						8:30AM-9:20AM (Cardio) <i>Heinrich W.</i>	
Swim Lessons Pool						8:30AM-11:00PM (Swim Lessons) <i>YMCA S.</i>	
Dance Fitness Teen Center						9:00AM-9:50AM (Cardio) <i>Lindsey C.</i>	
REV+FLOW by REFIT® Teen Center						10:00AM-10:50AM (Cardio & Strength) <i>Marcella J.</i>	
Family Swim Pool						10:30AM-12:30PM (Pool Schedule)	
Lap Swim, 2 Lanes Pool						11:00AM-12:30PM (Lap Swim)	
Open Swim Pool						12:30PM-2:30PM (Pool Schedule) <i>N/A</i>	1:30PM-3:30PM (Pool Schedule)
No Lap Swim Pool						12:30PM-2:30PM (Lap Swim) <i>N/A</i>	
Lifeguard Training Pool						1:00PM-5:00PM (Pool Schedule)	
Courts Closed Court 1 & Court 2						2:00PM-5:00PM (Gym) <i>YMCA S.</i>	
Pool Closed Pool							1:00PM-1:30PM (Pool Schedule)