



Pool @ McLeod Family YMCA

June 1st - September 30th

12500 Comanche Rd NE

Albuquerque, NM 87111

(505) 595-1515

	MON	TUE	WED	THU	FRI	SAT	SUN
6am	Lap Swim Lifeguards YMCA 6am - 8am	Lap Swim Lifeguards YMCA 6am - 8am	Lap Swim Lifeguards YMCA 6am - 8am	Triathlon Training Gina R. 6am - 7am	Lap Swim Lifeguards YMCA 6am - 8am		
7am				Lap Swim Lifeguards YMCA 7am - 8am			
8am	Swim Team Lifeguards YMCA 8am - 10am	Swim Team Lifeguards YMCA 8am - 10am	Swim Team Lifeguards YMCA 8am - 10am	Swim Team Lifeguards YMCA 8am - 10am	Swim Team Lifeguards YMCA 8am - 10am		
10am	Swimming Lessons \$\$ Swim Instructor 10am - 12pm	Swimming Lessons \$\$ Swim Instructor 10am - 12pm	Swimming Lessons \$\$ Swim Instructor 10am - 12pm	Swimming Lessons \$\$ Swim Instructor 10am - 12pm	Swimming Lessons \$\$ Swim Instructor 10am - 12pm	Swimming Lessons \$\$ Swim Instructor 10am - 11am	
11am						Rec/Lap Swim Lifeguards YMCA 11am - 4:45pm	
12pm	Water Exercise Swim Instructor 12pm - 12:55pm	Water Exercise Swim Instructor 12pm - 12:55pm	Water Exercise Swim Instructor 12pm - 12:55pm	Water Exercise Swim Instructor 12pm - 12:55pm	Water Exercise Swim Instructor 12pm - 12:55pm		Rec/Lap Swim Lifeguards YMCA 12pm - 5:45pm
1pm	Rec/Lap Swim Lifeguards YMCA 1pm - 5:45pm	Rec/Lap Swim Lifeguards YMCA 1pm - 5:45pm	Rec/Lap Swim Lifeguards YMCA 1pm - 5:45pm	Rec/Lap Swim Lifeguards YMCA 1pm - 5:45pm	Rec/Lap Swim Lifeguards YMCA 1pm - 7pm		
5pm						Private Party/Movie Night/Game Night Lifeguards YMCA 5pm - 9pm	
6pm	Swimming Lessons \$\$ Swim Instructor 6:15pm - 6:45pm	Swimming Lessons \$\$ Swim Instructor 6:15pm - 6:45pm	Swimming Lessons \$\$ Swim Instructor 6:15pm - 6:45pm	Swimming Lessons \$\$ Swim Instructor 6:15pm - 6:45pm			Private Party/Movie Night/Game Night Lifeguards YMCA 6pm - 8pm
7pm	Rec/Lap Swim Lifeguards YMCA 7pm - 8pm	Rec/Lap Swim Lifeguards YMCA 7pm - 8pm	Rec/Lap Swim Lifeguards YMCA 7pm - 8pm	Rec/Lap Swim Lifeguards YMCA 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.