



Pool @ McLeod Family YMCA
August 12th - August 31st

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			
11am						Rec/Lap Swim Lifeguards YMCA 11am - 4:45pm	
12pm	Water Exercise/ Lap Swim Swim Instructor 12pm - 12:55pm	Water Exercise/ Lap Swim Swim Instructor 12pm - 12:55pm	Water Exercise/ Lap Swim Swim Instructor 12pm - 12:55pm	Water Exercise/ Lap Swim Swim Instructor 12pm - 12:55pm	Water Exercise/ Lap Swim Swim Instructor 12pm - 12:55pm		Rec/Lap Swim Lifeguards YMCA 12pm - 5:45pm
3pm	Rec/Lap Swim Lifeguards YMCA 3:30pm - 7pm	Rec/Lap Swim Lifeguards YMCA 3:30pm - 7pm	Rec/Lap Swim Lifeguards YMCA 3:30pm - 7pm	Rec/Lap Swim Lifeguards YMCA 3:30pm - 7pm	Rec/Lap Swim Lifeguards YMCA 3:30pm - 7pm		

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.