

Monday:

6:00 - 7:30 am Lap Swim  
8:15 - 9:15 am Water Aerobics  
9:15 - 10:15 am Deep Water Exercise

11:30 - 1:00 pm Lap Swim

3:30 - 5:00 pm BHS Swim Team

5:00 - 6:30 pm Lap Swim (Lns. 1-4)  
5:30 - 6:30 pm Water Aerobics (Lns. 5 & 6)  
6:30 - 8:00 pm \$2 Public Open Swim

Tuesday:

6:00 - 7:30 am Lap Swim  
8:15 - 10:15 am 5-J Special Needs

11:30 - 1:00 pm Lap Swim

3:30 - 5:00 pm \$2 Public Open Swim

5:00 - 6:30 pm Lap Swim (Lns. 1-4)  
5:30 - 6:30 pm Water Aerobics (Lns. 5 & 6)  
6:30 - 8:00 pm BHS Swim Team

Wednesday:

6:00 - 7:30 am Lap Swim  
8:15 - 9:15 am Water Aerobics  
9:15 - 10:15 am Deep Water Exercise

11:30 - 1:00 pm Lap Swim

3:30 - 5:00 pm BHS Swim Team

5:00 - 6:30 pm Lap Swim (Lns. 1-4)  
5:30 - 6:30 pm Water Aerobics (Lns. 5 & 6)  
6:30 - 8:00 pm \$2 Public Open Swim

Thursday:

6:00 - 7:30 am Lap Swim  
8:15 - 10:15 am 5-J Special Needs

11:30 - 1:00 pm Lap Swim

3:30 - 5:00 pm \$2 Public Open Swim

5:00 - 6:30 pm Lap Swim (Lns. 1-4)  
5:30 - 6:30 pm Water Aerobics (Lns. 5 & 6)  
6:30 - 8:00 pm BHS Swim Team

Friday:

6:00 - 7:30 am Lap Swim  
8:15 - 9:15 am Water Aerobics  
9:15 - 10:15 am Deep Water Exercise

11:30 - 1:00 pm Lap Swim  
1:30 - 3:00 pm \$2 Public Open Swim  
3:30 - 5:00 pm BHS Swim Team

5:00 - 6:30 pm Lap Swim  
6:30 - 8:00 pm \$2 Public Open Swim

Saturday:

8:00 - 9:30 am Lap Swim/ Master's  
Swim Team

10:00 - 12:00 pm New Directions Rental

1:00 - 3:30 pm Open Swim Reg. Rates

4:00 - 5:00 pm Bridgeway Rental

**Closed Sundays**

**Inquire for Private Rental**

**Availability!**

# YMCA Sam-o-Swim Center

## Daily Rates For Lap and Open Swim:

0-2	Free w/ Paid Adult
3-18	\$3.00 (\$2.00 Evening Open Swims)
19-59	\$6.00 (\$2.00 Evening Open Swims)
60+	\$4.00 (\$2.00 Evening Open Swims)

## Pool Features:

- ↪ 6- Lanes wide by 25-Yards long
- ↪ 18x30-Foot Shallow Training Pool
- ↪ Big Pool Temp. is kept at 85° F
- ↪ Training Pool Temp. is kept at 92° F
- ↪ Daily Locker facilities

## **Ask about our Memberships?**

A Membership includes free lap and open swims, yoga, water exercise classes and reduced rates on day camps, summer sports, and swim lessons. A membership also gives 15+ year-olds access to the YMCA Fitness center and the classes offered there, located at 2021 Main Street.

## *Holiday Closures:*

Thurs., Nov. 26      Thurs., Dec. 24, at 1 pm  
Friday, Dec. 25      Thurs., Dec. 31, at 1 pm  
Friday, Jan. 1

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# What time is it? Pool Edition



**Fall/Winter 2009  
Schedule**

## Baker County Family YMCA

580 Baker Street  
Baker City, OR 97814  
Phone: (541) 523-YMCA  
(541) 523-7747  
Fax: (541) 523-8328  
[www.BakerYMCA.com](http://www.BakerYMCA.com)



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