

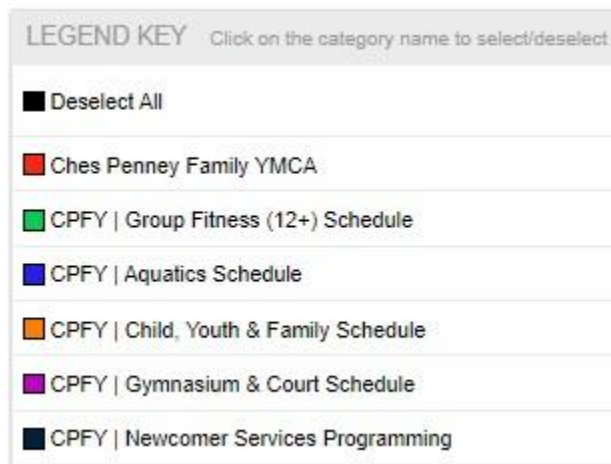
Tips for Using the Ches Penney Family YMCA Online Calendars

All online calendars can be found at

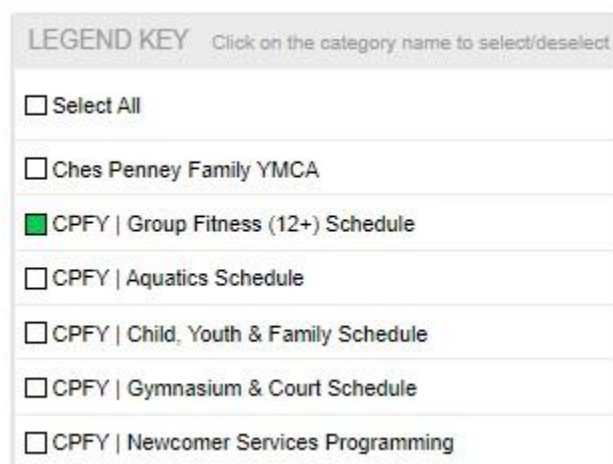
<https://ymcanl.com/avalon/ches-penney/cpfy-program-guide/>

1. Use the Legend Key

- a. The default is to show all available programs for the current week. To narrow your search for your favorite program, you must first review the Legend Key.



- b. Check Deselect All and check the **category** of the program you would like to search for. For example:






2. Select a day or week that you are planning on visiting your YMCA.

a.

October 9 - October 15




SUN	MON	TUE	WED	THU	FRI	SAT
9	10	11	12	13	14	15

Search Events   

b. In the example below, **October 14** was checked as the **date** and **Yoga** was entered in **Search Events** box:

October 9 - October 15

SUN	MON	TUE	WED	THU	FRI	SAT
9	10	11	12	13	14	15

yoga   

Friday, October 14, 2022

Yoga | 12+

Friday, October 14 10:30 am - 11:30 am

A combination of physical challenge and relaxation, while promoting flexibility, core strength and balance.

Bob Thorburn Studio

3. Now if you wish to have a **monthly view** of the calendar, consider the following:

a. Select the calendar icon on the far right



b. From here, you will see a calendar view that only highlights the category you selected from the Legend Key.



c. If you wanted to add the Aquatics schedule to this view, check on Aquatics schedule and you will see:

Select All
 Ches Penney Family YMCA
 CPFY | Group Fitness | 12+ Schedule
 CPFY | Aquatics Schedule
 CPFY | Child, Youth & Family Schedule

CPFY | Gymnasium & Court Schedule
 CPFY | Newcomer Services Programming

November 2022

S	M	T 1	W 2	T 3	F 4	S 5
		Open Swim (Whirlpool) 8:00 am - 2:00 pm	4 Lane Swim 6:00 am - 8:15 am	4 Lane Swim 6:00 am - 9:00 am	4 Lane Swim 6:00 am - 9:00 am	Open Swim (Whirlpool) 7:15 am - 7:30 pm
		Open Swim (Play Pool) 6:00 am - 9:45 am	Open Swim (Play Pool) 6:00 am - 3:45 pm	Open Swim (Play Pool) 6:00 am - 9:45 am	Open Swim (Play Pool) 6:00 am - 3:45 pm	4 Lane Swim 7:15 am - 8:45 am
		4 Lane Swim 6:00 am - 9:00 am	Open Swim (Whirlpool) 6:00 am - 9:30 pm	Open Swim (Whirlpool) 6:00 am - 2:00 pm	Open Swim (Whirlpool) 6:00 am - 8:30 pm	Open Swim (Play Pool) 7:15 am - 8:45 am
		Yoga 12+ 9:15 am - 10:00 am	Aqua Strength 12+ 8:30 am - 9:00 am	Yoga 12+ 9:15 am - 10:15 am	Cycle Fit 12+ 9:15 am - 10:00 am	Swim Lessons Group & Private 3+ 9:00 am - 12:30 pm
		Aqua Fit 12+ 9:15 am - 10:00 am	Cycle Fit 12+ 9:15 am - 10:00 am	Aqua Jog 12+ 9:15 am - 10:00 am	Aqua Zumba 12+ 9:15 am - 10:00 am	
		Parent & Tot Lesson 10:00 am - 10:30 am	Aqua Fit 12+ 9:15 am - 10:00 am	Parent & Tot Lesson 10:00 am - 10:30 am	2 Lane/Open Swim 10:15 am - 12:00 pm	1 Lane/Open Swim 12:45 pm - 5:30 pm
		2 Lane/Open Swim 10:15 am - 12:00 pm	2 Lane/Open Swim 10:15 am - 12:00 pm	2 Lane/Open Swim 10:15 am - 12:00 pm	Yoga 12+ 10:30 am - 11:15 am	Open Swim (Play Pool) 1:15 pm - 7:30 pm
		Cycle Fit 12+ 10:30 am - 11:15 am	Kettlebell 12+ 10:30 am - 11:15 am	Cardio Core 12+ 10:30 am - 11:15 am	4 Lane Swim 10:30 am - 11:15 am	