



Fall Pool Schedule 2019

West Shore Family YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Monday

545-8am: Lap Swim 2/ Open Swim 2
8-845am: Arthritis (Shallow end)
9-945am: Aqua Jog (Deep end)
10-10:45am: AquaDance
11-1145am: Aqua Jog/ Hinges & Twinges
12-215pm: Lap Swim 2/ Open Swim 2
215-3p: Open Water Exercise- 2 Lanes
Lap Swim- 2 Lanes
3-5pm: Lap Swim 2/ Open Swim 2
5-730pm: Swim Lessons
7-745pm: Kickboxing (Shallow end)

Tuesday

545-10am: Lap Swim 2/ Open Swim 2
10-10:45am: AquaDance
11-1145am: Aqua Jog
12-530pm: Lap Swim 2/ Open Swim 2
530-7pm: Swim Lessons
7-8pm: Lap Swim 2/ Open Swim 2

Wednesday

545-8am: Lap Swim 2/ Open Swim 2
8-845am: Arthritis (Shallow end)
9-945am: Aqua Jog (Deep end)
10-11am: Lap Swim 2/ Open Swim 2
11-1145am: Open Water Exercise
12-215pm: Lap Swim 2/ Open Swim 2
215-3pm: Open Water Exercise- 3 Lanes
Lap Swim- 1 Lane
3-4pm: Lap Swim 2/ Open Swim 2
4-630pm: Swim Lessons
6- 645pm: Aqua Jog (Deep end)
7-745pm: Boot Camp (Shallow end)

Thursday

545-9am: Lap Swim 2/ Open Swim 2
9-10am: Adult Swim Lessons
10-11am: Aqua Dance (Shallow end)
11-1145am: Aqua Jog
12-6pm: Lap Swim 2/ Open Swim 2
6-645pm: Aqua Jog (Deep end)
7-8pm: Lap Swim 2
6-740pm: Swim Lessons

Friday

545-8am: Lap Swim 2/ Open Swim 2
8-845am: Arthritis (Shallow end)
9-945am: Aqua Jog (Deep end)
10-11am: Lap Swim 2/ Open Swim 2
11-11:45am: Aqua Jog
12-215pm: Lap Swim
215-3pm: Open Water Exercise- 3 Lanes
Lap Swim- 1 Lane
3-7pm: Lap Swim 2/ Open Swim 2

Saturday

7-8am: Lap Swim 2/ Open Swim 2
8-845a: Silver Sneakers Splash
9-12pm: Swim Lessons
12-2pm: Lap Swim 2/ Open Swim 2

Sunday

1030-12pm: Lap Swim
12-2 pm: Lap Swim 2/ Open Swim 2

- Open Swim is for members of all ages
- Effective August 26 2019
- Pool Schedule subject to change based on program enrollment

