



Winter Pool Schedule 2019

West Shore Family YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Monday

545-8am: Lap Swim- 2 Lanes
Open Swim- 2 Lanes
8-845am: Arthritis (Shallow end)
9-945am: Aqua Jog (Deep end)
10-1045am: Aqua Dance
11-1145am: Aqua Jog/ Hinges & Twinges
12-4pm: Lap Swim- 2 Lanes
Open Swim- 2 Lanes
2-245p: Open Water Exercise- 3 Lanes
Lap Swim- 1 Lane
4-7pm: Swim Lessons
4-6pm: Lap Swim- 2 Lanes
6-645pm: Aqua Jog (Deep end)
7-745pm: Kickboxing (Shallow end)

Tuesday

545-10am: Lap Swim- 2 Lanes
Open Swim- 2 Lanes
10-1045am: Aqua Dance (Shallow)
11-1145am: Aqua Jog
12-6pm: Lap Swim- 2 Lanes
Open Swim- 2 Lanes
6-6:45pm: Aqua Jog (Deep end)
7-8pm: Lap Swim- 2 Lanes
Open Swim- 2 Lanes

Wednesday

545-8am: Lap Swim- 2 Lanes
Open Swim- 2 Lanes
8-845am: Arthritis (Shallow end)
9-945am: Aqua Jog (Deep end)
945-1015am: Swim Lesson
10-11am: Open Swim- 2 Lanes
Lap Swim- 2 Lanes
11-1145am: Aqua Jog/ Hinges & Twinges
12-4pm: Lap Swim- 2 Lanes
Open Swim- 2 Lanes
2-245pm: Open Water Exercise- 3 Lanes
Lap Swim- 1 Lane
4-630pm: Swim Lessons
6- 645pm: Aqua Jog (Deep end)
7-745pm: Boot Camp (Shallow end)

Thursday

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

Friday

545-8am: Lap Swim- 2 Lanes
Open Swim- 2 Lanes
8-845am: Arthritis (Shallow end)
9-945am: Aqua Jog (Deep end)
10-11am: Open Swim- 2 Lanes
Lap Swim- 2 Lanes
11-11:45am: Aqua Jog
2-245pm: Open Water Exercise- 3 Lanes
Lap Swim- 1 Lane
6-7pm: Adult Advanced Stroke Swimming
12-7pm: Lap Swim- 2 Lanes
Open Swim- 2 Lanes

Saturday

7-9am: Lap Swim- 2 Lanes
Open Swim- 2 Lanes
9-12pm: Swim Lessons
12-2pm: Lap Swim- 2 Lanes
Open Swim- 2 Lanes

Sunday

1030-12pm: Lap Swim
12-2 pm: Lap Swim- 2 Lanes
Open Swim- 2 lanes

- Open Swim is for members of all ages
- Effective January 20 2019
- Pool Schedule subject to change based program enrollment

