



# Winter 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) with Janet  
9-945am: Aqua Jog (Deep end) with Janet  
10-1045am: Aqua Dance with Patty  
11-1145am: Aqua Jog/ Hinges & Twinges  
12-2pm: Lap Swim 2/ Open Swim 2  
2-245p: Open Water Exercise- 2 Lanes  
Lap Swim- 2 Lanes  
3-5pm: Lap Swim 2/ Open Swim 2  
5-630pm: Swim Lessons  
7-745pm: Kickboxing (Shallow end) with Jessica

### Tuesday

545-10am: Lap Swim 2/ Open Swim 2  
10-1045am: Aqua Dance (Shallow) with Patty  
11-1145am: Aqua Jog – with Margaret  
12-6pm: Lap Swim 2/ Open Swim 2  
6-6:45pm: Aqua Jog (Deep end) with Janet  
7-8pm: Lap Swim 2/ Open Swim 2

### Wednesday

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

### Thursday

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

### Friday

545-8am: Lap Swim 2/ Open Swim 2  
8-845am: Arthritis (Shallow end) with Janet  
9-945am: Aqua Jog (Deep end) with Janet  
10-11am: Lap Swim 2/ Open Swim 2  
11-11:45am: Aqua Jog with Margaret/Patty  
12-2pm: Lap Swim  
2-245pm: 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 with Michelle  
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 January 20 2019
- Pool Schedule subject to change based program enrollment

