



Fall Pool Schedule

West Shore Family YMCA

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- 2 Lanes
 4-7pm: Swim Lessons/ Pre Competitive
 4-6pm: Lap Swim- 1 Lane
 6-645pm: Aqua Jog (Deep end)
 7-745pm: Kickboxing (Shallow end)

Tuesday

545-9am: Lap Swim- 2 Lanes
 Open Swim- 2 Lanes
 930-1015am: Aqua Dance (Shallow)
 1015-11am: Open Swim- 4 Lanes
 11-1145am: Aqua Jog
 12-6pm: Lap Swim- 2 Lanes
 Open Swim-2 Lanes
 630-715pm: Aqua Jog (Deep end)
 715-8pm: 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)
 10-11am: Open Swim- 4 Lanes
 11-1145am: Aqua Jog/ Hinges & Twinges
 12-4pm: Lap Swim- 2 Lanes
 Open Swim- 2 Lanes
 2-245pm: Open Water Exercise- 2 Lanes
 4-630pm: Swim Lessons
 6- 645pm: Aqua Jog (Deep end)
 7-745pm: Boot Camp (Shallow)

Thursday

545-9am: Lap Swim- 2 Lanes
 Open Swim- 2 Lanes
 930-1015am: Aqua Dance (Shallow end)
 1015-11am: Swim Lessons
 11-1145am: Aqua Jog
 12-6pm: Lap Swim- 2 Lanes
 Open Swim-2 Lanes
 6-7pm: Pre Competitive- 2 Lanes
 630-715pm: Aqua Jog (Deep end)- 2 Lanes
 7-8pm: Lap Swim- 2 Lanes
 715-8pm: 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- 4 Lanes
 11-11:45am: Aqua Jog
 12-6pm: Lap Swim- 2 Lanes
 Open Swim- 2 Lanes
 2-245pm: Open Water Exercise- 2 Lanes
 6-7pm: Adult Advanced Stroke Swimming

Saturday

7-8am: Lap Swim
 8-845am: Aquatic Aerobics
 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 September 1 2018
- Pool Schedule subject to change based program enrollment

