

WATER PARK POOL WINTER SESSION SCHEDULE: 1/2/2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM - 8:00 AM OPEN SWIM/ LAP SWIM (BEACH, COVE, L 3- 4- 5)	5:00 AM - 8:00 AM OPEN SWIM/ LAP SWIM (BEACH, COVE, L 3- 4- 5)	5:00 AM - 8:00 AM OPEN SWIM/ LAP SWIM (BEACH, COVE, L 3- 4- 5)	5:00 AM - 6:00 AM OPEN SWIM/ LAP SWIM (BEACH, COVE, L 3- 4- 5)	5:00 AM - 8:00 AM OPEN SWIM/ LAP SWIM (BEACH, COVE, L 3- 4- 5)	7:00 AM - 8:00 AM OPEN SWIM/ LAP SWIM (BEACH, COVE, L 3- 4- 5)	7:00 AM - 8:00 AM OPEN SWIM/ LAP SWIM (BEACH, COVE, L 3- 4- 5)
8:00 AM - 9:30 AM OPEN SWIM (BEACH- COVE, L 3, 4- 5)	8:00 AM - 9:00 AM OPEN SWIM (BEACH)	8:00 AM - 9:00 AM OPEN SWIM (BEACH- COVE)	6:00 AM - 7:00 AM OPEN SWIM (BEACH- COVE)	8:00 AM - 9:00 AM OPEN SWIM (BEACH- COVE)	8:00 AM - 9:00 AM OPEN SWIM (BEACH, COVE, L 3)	8:00 AM - 9:00 AM OPEN SWIM (BEACH, COVE, L 3)
9:30 AM - 11:15 AM GROUP SWIM LESSONS ONLY (BEACH, COVE, L 3- 4- 5)	8:00 AM - 9:00 AM AQUA YOGA (COVE, L 3- 4- 5)	8:00 AM - 9:00 AM AQUA AEROBICS (L 3- 4- 5)	6:00 AM - 7:00 AM AQUA TABATA (L 3- 4- 5)	8:00 AM - 9:00 AM OPEN WALKING EXERCISE (L 3- 4- 5)	8:00 AM - 9:00 PM PRIVATE SWIM LESSONS (L 4- 5)	8:00 AM - 9:00 PM PRIVATE SWIM LESSONS (L 4- 5)
	9:30 AM - 11:15 AM GROUP SWIM LESSONS ONLY (BEACH, COVE, L 3- 4- 5)	9:00 AM - 11:15 AM OPEN SWIM (BEACH, COVE, L 3- 4- 5)	7:00 AM - 8:00 AM OPEN SWIM (BEACH, COVE, L 3- 4- 5)	9:00 AM - 12:00 PM OPEN SWIM (BEACH, COVE, L 3- 4- 5)	9:00 AM- 1:00 PM	9:00 AM- 1:00 PM
11:15 AM - 4:00 PM OPEN SWIM (BEACH, COVE, L 3- 4- 5)			8:00 AM - 9:00 AM OPEN SWIM (BEACH)	12:00 PM - 2:00 PM QUAKER SCHOOL (BEACH, COVE, L 3- 4- 5)	GROUP SWIM LESSONS ONLY (BEACH, COVE, L 3- 4- 5)	GROUP SWIM LESSONS ONLY (BEACH, COVE, L 3- 4- 5)
	11:15 AM - 1:15 PM OPEN SWIM (BEACH)	11:15 AM - 12:15 PM OPEN SWIM (BEACH)	8:00 AM - 9:00 AM AQUA YOGA (COVE, L 3- 4- 5)		1:00 PM -2:00 PM OPEN SWIM (BEACH, COVE)	1:00 PM -2:00 PM OPEN SWIM (BEACH, COVE)
4:00 PM - 5:00 PM OPEN SWIM (BEACH, COVE)	11:15 AM- 12:15 PM ARTHRITIS (COVE, L 3- 4- 5)	11:15 AM- 12:15 PM ARTHRITIS (COVE, L 3- 4- 5)	9:00 AM - 9:30 AM OPEN SWIM (BEACH, COVE, L 3- 4- 5)	2:00 PM- 4:30 PM OPEN SWIM (BEACH, COVE, L 3- 4- 5)	12:00 PM - 2:00 PM PRIVATE SWIM LESSONS (L 4- 5)	12:00 PM - 2:00 PM PRIVATE SWIM LESSONS (L 4- 5)
4:00 PM - 5:00 PM PRIVATESWIM LESSONS (L 4- 5)	12:15 PM - 2:00 PM ABILITY- TOPS (COVE)	12:15 PM - 4:00 PM OPEN SWIM (BEACH, COVE, L 3- 4- 5)	9:30 AM - 11:15 AM GROUP SWIM LESSONS ONLY (BEACH, COVE, L 3- 4- 5)	4:30 PM - 5:45 PM	12:00 PM - 2:00 PM ABILITY SWIM LESSONS (L 3)	12:00 PM - 2:00 PM ABILITY SWIM LESSONS (L 3)
4:00 PM- 5:00 PM SEEKERS (L 3)	12:15 PM- 1:15 PM AQUA LOW IMPACT (L 3- 4- 5)	4:00 PM - 5:00 PM OPEN SWIM (BEACH, COVE, L 3)		AFTER SCHOOL PROGRAM ONLY (All Pool)	2:00 PM - 5:45 PM	2:00 PM - 5:45 PM
5:00 PM- 7:30 PM	1:15 PM - 2:00 PM OPEN SWIM (BEACH, L 3- 4- 5)	4:00 PM- 5:00 PM SEEKERS (L 4- 5)	11:15 AM - 12:15 PM OPEN SWIM (ONLY BEACH)	5:45 AM - 8:45 PM OPEN SWIM (BEACH, COVE, L 3)	FAMILY OPEN SWIM (BEACH, COVE, ELEM)	FAMILY OPEN SWIM (BEACH, COVE, ELEM)
GROUP SWIM LESSONS ONLY (BEACH, COVE, L 3- 4- 5)		5:00 PM- 8:00 PM	11:15 AM- 12:15 PM ARTHRITIS (COVE, L 3- 4- 5)	5:45 PM - 8:45 PM PRIVATE SWIM LESSONS (L 4- 5)		
	2:00 PM - 5:00 PM OPEN SWIM (BEACH, COVE, L 3- 4- 5)	GROUP SWIM LESSONS ONLY (BEACH, COVE, L 3- 4- 5)	12:15 PM - 2:00 PM OPEN SWIM (BEACH- COVE, L3)			
	5:00 PM- 8:00 PM		12:30 PM - 2:00 PM ABILITY- TOPS (L 4- 5)	IMPORTANT NOTE:		
7:30 PM- 9:45 PM	GROUP SWIM LESSONS ONLY (BEACH, COVE, L 3- 4- 5)			While we try to adhere to this schedule, it may change due to unexpexted conditions.		
OPEN SWIM/ LAP SWIM (BEACH, COVE, L 3- 4- 5)		8:00 PM- 9:45 PM	2:00 PM - 5:00 PM OPEN SWIM (BEACH, COVE, L 3- 4- 5)	Group, private swim lessons, adaptive swim lessons, swim team represent paid programming space.		
	8:00 PM- 9:45 PM	OPEN SWIM (BEACH, COVE, L 3- 4- 5)	5:00 PM- 7:30 PM	Pool schedule available online at:		
	OPEN SWIM/ LAP SWIM (BEACH, COVE, L 3- 4- 5)		GROUP SWIM LESSONS ONLY (BEACH, COVE, L 3- 4- 5)	ymcabhc.org		
			7:30 PM- 9:45 PM	L= LANE ELEM= ELEMENTS		
			OPEN SWIM (BEACH, COVE, L 3- 4- 5)			1/2/2023
				SLIDE ONLY ON DURING DESIGNATED TIMES.		
OPEN SWIM	ADULT GROUP EX/ ARTHRITIS		GROUP SWIM LESSONS	PRIVATE SWIM LESSONS	ABILITY PROGRAM	ELEMENTS AND SLIDE ON