

WATER PARK POOL WINTER SESSION SCHEDULE: 5/1/2023

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 - 9:00 AM GENTLE AQUA (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)
9:00 AM - 9:30 AM OPEN SWIM (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 AQUA AEROBICS (L 3- 4- 5)	8:00 AM - 9:00 AM PRIVATE SWIM LESSONS (L 4- 5)	8:00 AM - 9:00 AM PRIVATE SWIM LESSONS (L 4- 5)
9:30 AM – 11:15 AM GROUP SWIM LESSONS ONLY (BEACH, COVE, L 3- 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 - 10:30 PM OPEN SWIM (BEACH, COVE, L 3- 4- 5)	9:00 AM- 1:00 PM	9:00 AM- 1:00 PM
11:15 AM - 12:15 PM OPEN SWIM (BEACH)			8:00 AM - 9:00 AM OPEN SWIM (BEACH)	10:30 AM - 11:30 AM OPEN SWIM (BEACH)	GROUP SWIM LESSONS ONLY (BEACH, COVE, L 3- 4- 5)	GROUP SWIM LESSONS ONLY (BEACH, COVE, L 3- 4- 5)
11:15 AM- 12:15 PM ARTHRITIS (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)	10:30 AM- 11:30 AM ARTHRITIS (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)
12:15 PM - 4:00 PM OPEN SWIM (BEACH, COVE, L 3- 4- 5)	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)	11:30 AM - 12:00 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 OPEN SWIM (BEACH)	12:15 PM - 2:00 PM ABILITY- TOPPS (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)	12:00 PM - 2:00 PM QUAKER SCHOOL (BEACH, COVE, L 3- 4- 5)	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 PRIVATE SWIM LESSONS (COVE, L 4- 5)	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)		2:00 PM- 4:00 PM OPEN SWIM (BEACH, COVE, L 3- 4- 5)	2:00 PM – 5:30 PM	2:00 PM – 5:45 PM
4:00 PM- 5:00 PM SEEKERS (L 3)	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)	4:00 PM - 8:00 PM OPEN SWIM (BEACH, COVE)	FAMILY OPEN SWIM (BEACH, COVE, ELEM, SLIDE)	FAMILY OPEN SWIM (BEACH, COVE, ELEM, SLIDE)
5:00 PM- 8:00 PM		5:00 PM- 8:00 PM	11:15 AM- 12:15 PM ARTHRITIS (COVE, L 3- 4- 5)	4:00 PM - 8:00 PM PRIVATE SWIM LESSONS (L 3- 4- 5)		
GROUP SWIM LESSONS ONLY (BEACH, COVE, L 3- 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)	8:00 PM - 8:45 PM OPEN SWIM (BEACH, COVE, L 3- 4- 5)		
	5:00 PM- 8:00 PM		12:30 PM - 2:00 PM ABILITY- TOPPS (L 4- 5)	IMPORTANT NOTE:		
	GROUP SWIM LESSONS ONLY (BEACH, COVE, L 3- 4- 5)			While we try to adhere to this schedule, it may change due to unexpeted conditions.		
8:00 PM- 9:45 PM		8:00 PM- 9:45 PM	2:00 PM - 5:00 PM OPEN SWIM (BEACH, COVE, L 3- 4- 5)	Group, private swim lessons, ability swim lessons, swim team represent paid programming space.		
OPEN SWIM/ LAP SWIM (BEACH, COVE, L 3- 4- 5)	8:00 PM- 9:45 PM	OPEN SWIM (BEACH, COVE, L 3- 4- 5)	5:00 PM- 8:00 PM	Pool schedule available online at: ymcabhc.org		
	OPEN SWIM/ LAP SWIM (BEACH, COVE, L 3- 4- 5)		GROUP SWIM LESSONS ONLY (BEACH, COVE, L 3- 4- 5)	BEACH: 0-10 INCH		
			8:00 PM- 9:45 PM	COVE: 3 1/2 FEET		
			OPEN SWIM (BEACH, COVE, L 3- 4- 5)	L= LANE ELEM= ELEMENTS		
				SLIDE ONLY ON DURING DESIGNATED TIMES. (Weekends after 2:00 PM)		
OPEN SWIM	ADULT GROUP EX/ ARTHRITIS		GROUP SWIM LESSONS	PRIVATE SWIM LESSONS	ABILITY PROGRAM	ELEMENTS AND SLIDE ON

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