

WATER PARK POOL FALL SESSION SCHEDULE: 9/10/2023

| 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 - 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) | 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 OPEN SWIM (BEACH- COVE) | 6:00 AM - 7:00 AM OPEN SWIM (BEACH- COVE) | 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- 4- 5) | 8:00 AM - 9:00 AM OPEN SWIM (BEACH, COVE, L 3) |
| 8:00 AM - 9:00 AM GENTLE AQUA (L 3, 4- 5) | 6:00 AM - 7:00 AM AQUACISE (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) | 9:00 AM - 12:00 PM OPEN SWIM (BEACH, COVE) | 8:00 AM - 9:00 AM PRIVATE SWIM LESSONS (L 4- 5) |
| 9:00 AM - 9:30 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 - 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 - 11:15 AM OPEN SWIM (BEACH, COVE, L 3- 4- 5) | 9:00 AM - 12:00 PM PRIVATE SWIM LESSONS (L 3- 4- 5) | 9:00 AM- 1:00 PM |
| 9:30 AM - 11:45 AM GROUP SWIM LESSONS ONLY (BEACH, COVE, L 3- 4- 5) | 8:00 AM - 9:00 AM OPEN SWIM (BEACH) | | 8:00 AM - 9:00 AM OPEN SWIM (BEACH) | 11:15 AM - 12:15 PM OPEN SWIM (BEACH) | | GROUP SWIM LESSONS ONLY (BEACH, COVE, L 3- 4- 5) |
| 11:45 AM - 12:45 PM OPEN SWIM (BEACH) | 8:00 AM - 9:00 AM AQUA YOGA (COVE, L 3- 4- 5) | 11:15 AM - 12:15 PM OPEN SWIM (BEACH) | 8:00 AM - 9:00 AM AQUA YOGA (COVE, L 3- 4- 5) | 11:15 AM - 12:15 PM ARTHRITIS (COVE, L 3- 4- 5) | | 1:00 PM - 2:00 PM OPEN SWIM (BEACH, COVE) |
| 11:45 AM - 12:45 PM ARTHRITIS (COVE, L 3- 4- 5) | 9:30 AM - 11:45 AM GROUP SWIM LESSONS ONLY (BEACH, 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) | 12:15 PM - 4:00 PM OPEN SWIM (BEACH, COVE, L 3- 4- 5) | 12:00 PM - 2:00 PM OPEN SWIM (BEACH, COVE, L 3- 4- 5) | 1:00 PM - 2:00 PM PRIVATE SWIM LESSONS (L 3- 4- 5) |
| 12:45 PM - 4:00 PM OPEN SWIM (BEACH, COVE, L 3- 4- 5) | | 12:15 PM - 4:00 PM OPEN SWIM (BEACH, COVE, L 3- 4- 5) | 9:30 AM - 11:45 AM GROUP SWIM LESSONS ONLY (BEACH, COVE, L 3- 4- 5) | 4:00 PM - 8:00 PM OPEN SWIM (BEACH, COVE) | | |
| 4:00 PM - 4:15 PM OPEN SWIM (BEACH) | 11:45 AM - 12:45 PM OPEN SWIM (BEACH) | 4:00 PM - 4:15 PM OPEN SWIM (BEACH, L 4- 5) | | 4:00 PM - 8:00 PM PRIVATE SWIM LESSONS (L 3- 4- 5) | 2:00 PM - 5:30 PM | 2:00 PM - 5:45 PM |
| 4:00 PM - 4:15 PM PRIVATE SWIM LESSONS (COVE, L 4- 5) | 11:45 AM - 12:45 PM ARTHRITIS (COVE, L 3- 4- 5) | 4:00 PM - 4:30 PM SEEKERS (COVE, L 3) | 11:45 AM - 12:45 PM OPEN SWIM (BEACH) | | FAMILY OPEN SWIM (ELEM, SLIDE ON) | FAMILY OPEN SWIM (ELEM, SLIDE ON) |
| 4:00 PM - 4:30 PM SEEKERS (L 3) | 12:45 AM - 1:45 PM OPEN SWIM (BEACH, COVE) | 4:15 PM - 8:00 PM | 11:45 AM - 12:45 PM ARTHRITIS (COVE, L 3- 4- 5) | 8:00 PM - 8:45 PM OPEN SWIM (BEACH, COVE, L 3- 4- 5) | | |
| 4:15 PM - 8:00 PM | 12:45 PM - 1:45 PM AQUA LOW IMPACT (L 3- 4- 5) | GROUP SWIM LESSONS ONLY (BEACH, COVE, L 3- 4- 5) | 12:45 AM - 1:45 PM OPEN SWIM (BEACH, COVE) | IMPORTANT NOTE: | | |
| GROUP SWIM LESSONS ONLY (BEACH, COVE, L 3- 4- 5) | 1:45 PM - 4:15 PM OPEN SWIM (BEACH, L 3- 4- 5) | | 12:45 PM - 1:45 PM AQUA LOW IMPACT (L 3- 4- 5) | While we try to adhere to this schedule, it may change due to unexpected conditions. | | |
| | 4:15 PM - 8:00 PM | | | Group, private swim lessons, ability swim lessons, swim team represent paid programming space. | | |
| | GROUP SWIM LESSONS ONLY (BEACH, COVE, L 3- 4- 5) | | 1:45 PM - 4:15 PM OPEN SWIM (BEACH, COVE, L 3- 4- 5) | Pool schedule available online at: ymcabhc.org | | |
| 8:00 PM - 9:45 PM | | 8:00 PM - 9:45 PM | 4:15 PM - 8:00 PM | BEACH: 0-10 INCH | | |
| OPEN SWIM/ LAP SWIM (BEACH, COVE, L 3- 4- 5) | 8:00 PM - 9:45 PM | | GROUP SWIM LESSONS ONLY (BEACH, COVE, L 3- 4- 5) | COVE: 3 1/2 FEET | | |
| | OPEN SWIM/ LAP SWIM (BEACH, COVE, L 3- 4- 5) | | 8:00 PM - 9:45 PM | L= LANE ELEM= ELEMENTS | | |
| | | | OPEN SWIM (BEACH, COVE, L 3- 4- 5) | SLIDE ONLY ON DURING DESIGNATED TIMES. (Weekends a | | |
| | | | | 9/10/2023 | | |
| OPEN SWIM | ADAULT GROUP EX/ ARTHRITIS | | GROUP SWIM LESSONS | PRIVATE SWIM LESSONS | ABILITY PROGRAM | ELEMENTS AND SLIDE ON |