

West Shore YMCA  
Pool A Schedule  
June 20 - August 14, 2022

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am	<b>ADULT:</b> Lap Swim, Water Walking, Aqua Ex	<b>ADULT:</b> Lap Swim, Water Walking, Aqua Ex	<b>ADULT:</b> Lap Swim, Water Walking, Aqua Ex	<b>ADULT:</b> Lap Swim, Water Walking, Aqua Ex	<b>ADULT:</b> Lap Swim, Water Walking, Aqua Ex	<b>CLOSED</b>	<b>CLOSED</b>
7:00am						<b>ADULT:</b> Lap Swim, Water Walking, Aqua Ex	
8:00am							
9:00am							
10:00am	Lap Swim, Water Walking, Aqua Ex OPEN REC (2)	Lap Swim, Water Walking, Aqua Ex OPEN REC (2)	Lap Swim, Water Walking, Aqua Ex OPEN REC (2)	Lap Swim, Water Walking, Aqua Ex OPEN REC (2)	Lap Swim, Water Walking, Aqua Ex OPEN REC (2)	10am - 1pm: Lap Swim, Water Walking, Aqua Ex *2 YOUTH Lap Swim Lanes	<b>CLOSED</b>
11:00am							
12:00pm							
1:00pm							
2:00pm	<b>CLOSED</b>		<b>CLOSED</b>				
3:00pm							
4:00pm							
5:00pm	<b>WSY</b> Swim Team Practice 5:30 - 7pm	<b>WSY</b> Swim Team Practice 4:15 - 7pm	<b>WSY</b> Swim Team Practice 3:30 - 7pm	<b>WSY</b> Swim Team Practice 4:15 - 7pm	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>
6:00pm							
7:00pm	<b>CLOSED</b> <b>**Pool A Closes at the conclusion of Swim Team Practice Monday - Thursday nights**</b>						

Lap Swim, Water Walking and Aquatic Workouts will be allowed in all lanes in Pool A  
when not scheduled for other aquatic programs.

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Lifeguards may ask members to move to another lane to more closely match workout. Please comply as this will make everyone's workout more enjoyable. Members are requested to cooperate in observing these rules and to obey the instructions of the Aquatics Staff.

"ADULT" Swimmers are to be 13 years of age or older.

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Lifeguards may swim test anyone they feel it is necessary to swim in "Deep Water"  
(water deeper than the swimmer's armpits).

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Please note that members who do not abide by these protocols will be asked to leave  
**SCHEDULE SUBJECT TO CHANGE**