

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

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00am						CLOSED	CLOSED
9:00am	Water Fitness Classes: Aqua Fit & Hydro Blast (6)	Water Fitness Classes: Sr. Aqua & Water Walking (6)	Water Fitness Classes: Aqua Fit & Hydro Blast (6)	Water Fitness Classes: Sr. Aqua & Water Walking (6)	Water Fitness Classes: Aqua Fit & Hydro Blast (6)		
10:00am	LAP (1) Water Ex (2) SL (3)	LAP (2) Water Ex (2) SL (2)	LAP (2) Water Ex (2) SL (2)	LAP (2) Water Ex (2) SL (2)	LAP (2) Water Ex (2) SL (2)	8:30 - 12: SL (4) LAP (2)	10am - 12: ADULT: LAP (4) Water Ex (2)
11:00am	Aqua S&T (3) LAP (1) SL (2)		Aqua S&T (3) LAP (1) SL (2)		Aqua S&T (3) LAP (1) SL (2)		
12:00n	LAP (3) Water Ex (3)	CLOSED	LAP (3) Water Ex (3)	CLOSED	Water Ex (2) LAP (2) Open Rec (2)	12pm - 5pm: LAP Open Rec (3)	12pm - 5pm: LAP Open Rec (3)
1:00pm - 2:00pm	Aqua S&T (3) LAP (3)		7/ 6, 7/20 & 8/3: Aqua S&T (3) LAP (3)		AquaZumba (2) LAP (2) Open Rec (2)		
2:00pm	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)		
4:00pm							
5:00pm	**OPEN REC ENDS at 5:00pm Monday - Thursday**					CLOSED	
6:00pm	5pm - 8pm: Lap Swim, Water Walking, Aqua Ex SL (2)	5pm - 7:15pm: Lap Swim, Water Walking, Aqua Ex SL (3)	5pm - 8pm: Lap Swim, Water Walking, Aqua Ex SL (2)	5pm - 7:15pm: Lap Swim, Water Walking, Aqua Ex SL (3)	2:00 - 8:30pm: LAP Open Rec (3)	Water Park Hours: M/W: 10am - 12 Tu/Th:: 1 - 3pm Fridays 4 - 7pm Sat/Sun: 12 - 4pm	
7:00pm		7:15-8pm: T&H - wf class (2)	7:15-8pm: T&H - wf class (2)				
8:00pm	Lap Swim, Water Walking, Aqua Ex	Lap Swim, Water Walking, Aqua Ex	Lap Swim, Water Walking, Aqua Ex	Lap Swim, Water Walking, Aqua Ex			
8:30pm	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED		

****Parents are responsible for their children at all times and must be directly supervising them.***

****Children are not to be left unattended in the pool or pool area.***

****Children under 9 must have a parent on the pool deck.***

****Children under 7 must have a parent in the water, within arm's reach.***

****Lifeguards on duty may request direct parental supervision in the water regardless of age for safety reasons***

Water Park Age Rules:

****ALL Children under 4 must have a parent in the water actively supervising them***

****ALL Children 4-8 must have a parent actively supervising them poolside***