

**West Shore YMCA
Pool B Schedule
March 2024**

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday*	Sunday*		
8:00am	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)	CLOSED			
9:00am						*Weekend Schedule subject to change based on programs and staffing. Please see weekend bulleting for updates!			
10:00am	LAP (2) Water Ex (2) SL (2)	LAP (4) Water Ex (2)	LAP (2) Water Ex (2) SL (2)	LAP (2) Water Ex (2) SL (2)	LAP (2) Water Ex (2) SL (2)	8:30-12n: SL (4) Adult Lap (2)	10am - 12n: ADULT LAP/Water Ex		
11:00am	Aqua S&T (3) LAP (1) SL (2)		Aqua S&T (3) LAP (1) SL (2)	LAP (4) Water Ex (2)	Aqua S&T (3) LAP (1) SL (2)				
12:00n	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	12n - 5pm: LAP (3) Open Rec (3)	12n - 5pm: LAP (3) Open Rec (3)		
1:00pm	Aqua S&T (3) LAP (3)		Aqua S&T (3) LAP (3)		AquaZumba(3) LAP (3)				
2:00pm	2-5pm: Lap Swim (4) Open Rec (2)		3-5pm: Lap Swim (4) Open Rec (2)		2-5pm: Lap Swim (4) Open Rec (2)			3-5pm: Lap Swim (4) Open Rec (2)	2-8pm: Lap Swim (3) Open Rec (3)
3:00pm									
4:00pm									
5:00pm	Lap Swim (4) Swim Lessons (2)	Lap Swim (4) SL (2)	Lap Swim (2) Swim Lessons (4)	Lap Swim (4) SL/T&H (2)	CLOSED	CLOSED			
6:00pm		6-7:30pm Lap Swim (2) SL/T&H (4)			Water Park Hours: M/Tu/W/Th/F: 5 - 7pm Tues/Thurs: 10am - 12n Sat/Sun: 12n - 4pm				
7:00pm		7:30pm: Lap Swim (4) Twinges & Hinges (2)		7:30pm: Lap Swim (4) Twinges & Hinges (2)					
7:30pm	Lap Swim (4) Open Rec (2)	Lap Swim (4) Open Rec (2)	Lap Swim (4) Open Rec (2)						
8:00pm	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***