

West Shore YMCA Pool A Schedule April 2024

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday*	Sunday*	
5:30am	ADULT: Lap Swim, Water Walking, Aqua Ex	ADULT: Lap Swim, Water Walking, Aqua Ex	ADULT: Lap Swim, Water Walking, Aqua Ex	ADULT: Lap Swim, Water Walking, Aqua Ex	ADULT: Lap Swim, Water Walking, Aqua Ex	CLOSED	CLOSED	
7:00am								
8:00am								
9:00am								
10:00am	11-3pm: Lap Swim (4) OPEN REC/ Water Ex	Lap Swim (4) OPEN REC/ Water Ex	11-3pm: Lap Swim (4) OPEN REC/ Water Ex	Lap Swim (4) OPEN REC/ Water Ex	11-3pm: Lap Swim (4) OPEN REC/ Water Ex	7am - 12n ADULT: Lap Swim, Water Walking, Aqua Ex	WSY Swim Team Practice	
11:00am								
12:00pm		12:15-1:30pm: HomeSchool Swim Team (2)		12:15-1:30pm: HomeSchool Swim Team (2)				12:15-1:30pm: HomeSchool Swim Team (2)
1:00pm		Lap Swim (4) OPEN REC/ Water Ex		Lap Swim (4) OPEN REC/ Water Ex				Lap Swim (4) OPEN REC/ Water Ex
2:00pm	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	WSY Swim Team Practice	
3:00pm								
4:00pm								
5:00pm								
6:00pm	WSY Swim Team Practice	WSY Swim Team Practice	WSY Swim Team Practice	WSY Swim Team Practice	WSY Swim Team Practice	CLOSED	*Weekened Schedule subject to change based on programs and staffing. Please see weekend bulletin for updates!	
7:00pm								
7:30pm								
7:45pm								
8:45pm	CLOSED **Pool A Closes at the conclusion of Swim Team Practice Monday - Thursday nights**					*Weekened Schedule subject to change based on programs and staffing. Please see weekend bulletin for updates!	*Weekened Schedule subject to change based on programs and staffing. Please see weekend bulletin for updates!	

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**