

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

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday*	Sunday*	
8:00am							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)	*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)
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)
3:00pm		5:00pm		Lap Swim (4) SL (2)		Lap Swim (4) Swim Lessons (4)	Lap Swim (4) SL/T&H (2)	
4:00pm	6:00pm		6-7:30pm Lap Swim (2) SL/T&H (4)	7:30pm: Lap Swim (4) Twinges & Hinges (2)				
5:00pm		Lap Swim (4) Swim Lessons (2)	7:30pm: Lap Swim (4) Twinges & Hinges (2)		Lap Swim (4) Open Rec (2)	7:30pm: Lap Swim (4) Twinges & Hinges (2)		
6:00pm	Lap Swim (4) Open Rec (2)			7:30pm: Lap Swim (4) Twinges & Hinges (2)			Lap Swim (4) Open Rec (2)	7:30pm: Lap Swim (4) Twinges & Hinges (2)
7:00pm		Lap Swim (4) Open Rec (2)	7:30pm: Lap Swim (4) Twinges & Hinges (2)		Lap Swim (4) Open Rec (2)	7:30pm: Lap Swim (4) Twinges & Hinges (2)		
7:30pm	Lap Swim (4) Open Rec (2)			7:30pm: Lap Swim (4) Twinges & Hinges (2)			Lap Swim (4) Open Rec (2)	7:30pm: Lap Swim (4) Twinges & Hinges (2)
8:00pm		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***