

**West Shore YMCA
Pool B Schedule
JUNE 2026**

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday*	Sunday*		
8:00am						CLOSED			
9:00am	Water Fitness Classes: Hydro Blast & Aqua Trifecta (6)	Water Fitness Classes: Aqua Tabata & Water Walking (6)	Water Fitness Classes: Hydro Blast & Aqua Trifecta (6)	Water Fitness Classes: Aqua Fit for All & Water Walking (6)	Water Fitness Classes: Hydro Blast & Aqua Trifecta (6)	*Weekend Schedule subject to change based on programs and staffing. Please see weekend bulleting for updates!			
10:00am	LAP (1) Water Ex (3) SL (2)	LAP (4) Water Ex (2)	LAP (1) Water Ex (3) SL (2)	Aqua Flow & Form (2) LAP (2) Water Ex (2)	LAP (1) Water Ex (3) 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 - 4pm: LAP (3) Open Rec (3)	12n - 4pm: LAP (3) Open Rec (3)		
1:00pm	Aqua S&T (3) LAP (1) SL (2)		Aqua S&T (3) LAP (3)		AquaZumba(3) LAP (3)				
2:00pm	3-5pm: 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)		4pm - 5pm: ADULT LAP/Water Ex	4pm - 5pm: ADULT LAP/Water Ex		
3:00pm									
4:00pm						CLOSED	CLOSED		
5:00pm	Adult Lap Swim (2) Swim Lessons (4)	Adult Lap Swim (2) SL (4)	Adult Lap Swim (2) Swim Lessons (4)	Adult Lap Swim (2) SL (4)	2-8pm: Lap Swim (3) Open Rec (3)	Water Park Hours: Mon - Thurs: 10am - 12n 5pm - 7pm Fri: 10am - 12n 3pm - 7pm Sat/Sun: 12n - 4pm			
6:00pm		6-8pm Adult Lap Swim (2) SL/T&H (4)		6-8pm Adult Lap Swim (2) SL/T&H (4)				6-8pm Adult Lap Swim (2) SL/T&H (4)	
7:00pm			ADULT Lap (2) Water Ex (2) Swim Lessons (2)						
7:30pm	ADULT Lap (4) Water Ex (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***