

**West Shore YMCA
Pool B Schedule
MAY 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)
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	12-1:30pm: HomeSchool Swim Team (6)	CLOSED	12-1:30pm: HomeSchool Swim Team (6)	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		CLOSED		CLOSED				
3:00pm	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)	2-8pm: Lap Swim (3) Open Rec (3)	4pm - 5pm: ADULT LAP/Water Ex	4pm - 5pm: ADULT LAP/Water Ex	
4:00pm								
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)		Water Park Hours: Mon - Wed - Fri: 10am - 12n 5 - 7pm Tues/Thurs: 5 - 7pm Sat/Sun: 12n - 4pm	CLOSED	CLOSED
6:00pm		6-8pm Adult Lap Swim (2) SL/T&H (4)		6-8pm Adult Lap Swim (2) SL/T&H (4)				
7:00pm								
7:30pm	ADULT Lap (4) Water Ex (2)	ADULT Lap (2) Water Ex (2) Swim Lessons (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***