West Shore YMCA
Pool A Schedule
November 2026

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

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