West Shore YMCA
Pool B Schedule
November 2026

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday*	Sunday*
8:00am	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)	CLOSED	
9:00am						*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)	Aqua Flow & Form LAP (2) Water Ex (2)	LAP (1) Water Ex (3) SL (2)	Aqua Flow & Form 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)	11am - 3pm: CLOSED	Aqua S&T (3) LAP (1) SL (2)	11am - 3pm: CLOSED	Aqua S&T (3) LAP (1) SL (2)		
12:00n	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							
3:00pm	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)		
4:00pm						4pm - 5pm: ADULT LAP/Water Ex	4pm - 5pm: ADULT LAP/Water Ex
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)		CLOSED	CLOSED
6:00pm		6-8pm Adult Lap Swim (2) SL/T&H (4)		6-8pm Adult Lap Swim (2) SL/T&H (4)		**Water Park Hours:** **Fri:** **10am - 12n** **5pm - 7pm** **Sat/Sun:** **12n - 4pm**	
7:00pm							
7:30pm	ADULT Lap (4) Water Ex (2)		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