

WATER PARK POOL SUMMER SESSION SCHEDULE: 6/17/2024- 8/25/2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM - 8:00 AM OPEN SWIM (BEACH, COVE, L 3- 4- 5)	5:00 AM - 8:00 AM OPEN SWIM (BEACH, COVE, L 3- 4- 5)	5:00 AM - 8:00 AM OPEN SWIM (BEACH, COVE, L 3- 4- 5)	5:00 AM - 6:00 AM OPEN SWIM (BEACH, COVE, L 3- 4- 5)	5:00 AM - 8:00 AM OPEN SWIM (BEACH, COVE, L 3- 4- 5)	7:00 AM - 8:00 AM OPEN SWIM (BEACH, COVE, L 3- 4- 5)	7:00 AM - 8:00 AM OPEN SWIM (BEACH, COVE, L 3- 4- 5)
8:00 AM - 9:00 AM OPEN SWIM (BEACH- COVE)	8:00 AM - 9:00 AM OPEN SWIM (BEACH)	8:00 AM - 9:00 AM OPEN SWIM (BEACH- COVE)	6:00 AM – 7:00 AM AQUA TABATA (L 3- 4- 5)	8:00 AM - 9:00 AM OPEN SWIM (BEACH- COVE)		8:00 AM -9:00 AM OPEN SWIM (BEACH, L 3- 4)
8:00 AM – 8:45 AM GENTLE AQUA AEROBICS (L 3- 4- 5)	8:00 AM – 8:45 AM AQUA YOGA/ AI CHI (COVE, L 3- 4- 5)	8:00 AM – 8:45 AM AQUA AEROBICS (L 3- 4- 5)	6:00 AM - 7:00 AM OPEN SWIM (BEACH- COVE)	8:00 AM – 9:00 AM GENTLE AQUA AEROBICS (L 3- 4- 5)	8:00 AM -2:00 PM OPEN SWIM (BEACH, COVE)	8:00 AM - 9:00 AM PRIVATE SWIM LESSONS (COVE, L 5)
9:00 AM - 11:15 AM	9:00 AM - 11:15 AM	9:00 AM - 11:15 AM	7:00 AM - 8:00 AM OPEN SWIM (BEACH, COVE, L 3- 4- 5)	9:00 AM - 11:15 AM		9:00 AM- 1:00 PM
ONLY CAMP (BEACH, COVE, L 3- 4- 5)	ONLY CAMP (BEACH, COVE, L 3- 4- 5)	ONLY CAMP (BEACH, COVE, L 3- 4- 5)	8:00 AM – 8:45 AM AQUA YOGA/ AI CHI (COVE, L 3- 4- 5)	ONLY CAMP (BEACH, COVE, L 3- 4- 5)		GROUP SWIM LESSONS ONLY (BEACH, COVE, L 3- 4- 5)
11:15 AM - 12:15 PM OPEN SWIM (ONLY BEACH)		11:15 AM - 12:15 PM OPEN SWIM (ONLY BEACH)	8:00 AM - 9:00 AM OPEN SWIM (BEACH)	11:15 AM - 12:15 PM OPEN SWIM (ONLY BEACH)	8:00 AM - 2:00 PM PRIVATE SWIM LESSONS (L 3- 4- 5)	1:00 PM -2:00 PM OPEN SWIM (BEACH, COVE, L 3)
11:15 AM- 12:15 PM AQUA STRETCH (COVE, L 3- 4- 5)		11:15 AM- 12:15 PM AQUA STRETCH (COVE, L 3- 4- 5)	9:00 AM - 11:15 AM	11:15 AM- 12:15 PM WALKING WATER/ NO INSTRUCTOR (COVE, L 3- 4- 5)		1:00 PM - 2:00 PM PRIVATE SWIM LESSONS (L 4- 5)
12:15 PM - 12:40 PM OPEN SWIM (BEACH, COVE L 3- 4- 5)	11:15 AM - 3:30 PM	12:15 PM - 12:40 PM OPEN SWIM (BEACH, COVE L 3- 4- 5)	ONLY CAMP (BEACH, COVE, L 3- 4- 5)	12:15 PM - 12:40 PM OPEN SWIM (BEACH, COVE L 3- 4- 5)		
12:40 PM - 3:30 PM	ONLY CAMP (BEACH, COVE, L 3- 4- 5)	12:40 PM - 3:30 PM		12:40 PM - 3:30 PM	2:00 PM – 5:30 PM	2:00 PM – 5:45 PM
ONLY CAMP (BEACH, COVE, L 3- 4- 5)		ONLY CAMP (BEACH, COVE, L 3- 4- 5)		ONLY CAMP (BEACH, COVE, L 3- 4- 5)	SLIDE ON FAMILY OPEN SWIM (BEACH, COVE, ELEM)	SLIDE ON FAMILY OPEN SWIM (BEACH, COVE, ELEM)
3:30 PM - 4:30 PM OPEN SWIM (BEACH, COVE, L 3)	3:30 PM - 4:30 PM OPEN SWIM (BEACH, COVE, L 3)	3:30 PM - 4:30 PM OPEN SWIM (BEACH, COVE, L 3)	11:15 AM - 3:30 PM	3:30 PM - 8:00 PM OPEN SWIM (BEACH, COVE)		
3:30 PM - 4:30 PM PRIVATE SWIM LESSONS (L 4- 5)	3:30 PM - 4:30 PM PRIVATE SWIM LESSONS (L 4- 5)	3:30 PM - 4:30 PM PRIVATE SWIM LESSONS (L 4- 5)	ONLY CAMP (BEACH, COVE, L 3- 4- 5)	3:30 PM - 8:00 PM PRIVATE SWIM LESSONS (L 3- 4- 5)	IMPORTANT NOTE:	
4:30 PM- 7:30 PM	4:30 PM- 7:30 PM	4:30 PM- 7:30 PM	3:30 PM - 4:30 PM OPEN SWIM (BEACH, COVE, L 3)	8:00 PM- 8:45 PM	While we try to adhere to this schedule, it may change due to unexpected conditions.	
GROUP SWIM LESSONS ONLY (BEACH, COVE, L 3- 4- 5)	GROUP SWIM LESSONS ONLY (BEACH, COVE, L 3- 4- 5)	GROUP SWIM LESSONS ONLY (BEACH, COVE, L 3- 4- 5)	3:30 PM - 4:30 PM PRIVATE SWIM LESSONS (L 4- 5)	OPEN SWIM (BEACH, COVE, L 3- 4- 5)		
			4:30 PM- 7:30 PM	Group, private swim lessons, adaptive swim lessons, swim team and Lifeguard training represent paid programming space.		
			GROUP SWIM LESSONS ONLY (BEACH, COVE, L 3- 4- 5)	Pool schedule available online at: ymcabhc.org		
7:30 PM- 9:45 PM	7:30 PM- 9:45 PM	7:30 PM- 9:45 PM	7:30 PM- 9:45 PM	7:30 PM- 9:45 PM	BEACH: 0-10 INCH L= LANE ELEM= ELEMENTS	COVE: 3 1/2 FEET 6/17/2024
OPEN SWIM (BEACH, COVE, L 3- 4- 5)	OPEN SWIM (BEACH, COVE, L 3- 4- 5)	OPEN SWIM (BEACH, COVE, L 3- 4- 5)	OPEN SWIM (BEACH, COVE, L 3- 4- 5)	OPEN SWIM (BEACH, COVE, L 3- 4- 5)	SLIDE ONLY ON DURING DESIGNATED TIMES. (Weekends after 2:00 PM)	
OPEN SWIM	ADAULT GROUP EX/ ARTHRITIS		GROUP SWIM LESSONS	PRIVATE SWIM LESSONS	CAMP	ELEMENTS AND SLIDE ON