



# Beatrice YMCA Pool Schedule December 10, 2018

## Monday **Pool Usage Schedule**

5:15 - 8:00 am Lap/Recreation Swim  
 8:00 - 10:00 am Aqua Classes  
 10:00 - 11:30 am Lap/Recreation Swim  
 11:30 - 12:15 pm Aqua Classes  
 12:15 - 4:00 pm Lap/Recreation Swim  
 4:00 - 6:45 pm Swim Team  
 6:45 - 8:00 pm Lap/Recreation Swim

## Tuesday **Pool Usage Schedule**

5:15 - 8:00 am Lap/Recreation Swim  
 8:00 - 10:30 am Aqua Classes  
 10:30 - 12:15 pm Lap/Recreation Swim  
 12:15 - 12:45 pm Aqua Classes  
 12:45 - 4:00 pm Lap/Recreation Swim  
 4:00 - 5:30 pm Aqua Classes  
 4:15 - 5:30 pm Swim Lessons  
 5:30 - 8:15 pm Swim Team

## Wednesday **Pool Usage Schedule**

5:15 - 6:00 am Lap/Recreation Swim  
 6:00 - 7:00 am High School Swim Team  
 7:00 - 8:00 am Lap/Recreation Swim  
 8:00 - 10:00 am Aqua Classes  
 10:00 - 11:30 am Lap/Recreation Swim  
 11:30 - 12:15 pm Aqua Classes  
 12:15 - 4:00 pm Lap/Recreation Swim  
 4:00 - 6:45 pm Swim Team  
 6:45 - 8:00 pm Lap/Recreation Swim

## Thursday **Pool Usage Schedule**

5:15 - 8:00 am Lap/Recreation Swim  
 8:00 - 10:30 am Aqua Classes  
 10:30 - 4:00 pm Lap/Recreation Swim  
 4:00 - 5:30 pm Aqua Classes  
 5:30 - 8:15 pm Swim Team

## Friday **Pool Usage Schedule**

5:15 - 8:00 am Lap/Recreation Swim  
 8:00 - 10:00 am Aqua Classes  
 10:00 - 11:30 am Lap/Recreation Swim  
 11:30 - 12:15 pm Aqua Classes  
 12:15 - 4:00 pm Lap/Recreation Swim  
 4:00 - 6:45 pm Swim Team  
 6:45 - 7:30 pm Lap/Recreation Swim

## Saturday **Pool Usage Schedule**

7:30 - 9:00 am Lap/Recreation Swim  
 9:00 - 11:00 am Swim Lessons/Lap Swim  
 1:00 - 4:00 pm Lap/Recreation Swim

## Sunday **Pool Usage Schedule**

1:30 - 3:30 pm Lap/Recreation Swim  
 3:30 - 4:00 pm Swim Lessons

## Classes

### Monday

8:15 - 9:00 am WATERinMOTION  
 9:00 - 9:45 am Arthritic Aquacise  
 11:30 - 12:15 pm WATERinMOTION

### Tuesday

8:00 - 8:45 am Aqua Surprise  
 9:00 - 9:45 am Arthritic Aquacise  
 10:00 - 10:30 am Aqua Stand Up  
 12:15 - 12:45 pm Aqua Stand Up  
 4:00 - 4:45 pm Water Gym  
 4:45 - 5:30 pm Aquacise

### Wednesday

8:15 - 9:00 am WATERinMOTION  
 9:00 - 9:45 am Arthritic Aquacise  
 11:30 - 12:15 pm WATERinMOTION

### Thursday

8:00 - 8:45 am Aqua Surprise  
 9:00 - 9:45 am Arthritic Aquacise  
 10:00 - 10:30 am Aqua Stand Up  
 4:00 - 4:45 pm Water Gym  
 4:45 - 5:30 pm Aquacise

### Friday

8:15 - 9:00 am WATERinMOTION  
 9:00 - 9:45 am Arthritic Aquacise  
 11:30 - 12:15 pm WATERinMOTION

\***Lap Swim** - 1 lap lane available - 2nd lap lane available upon request. Please follow lap etiquette when sharing is needed.

\***Recreational Swim** - Open to members and guests.

\***No Recreation** swim during classes or swim team.

\***Children 8 and under must have an adult within arms' reach while in the pool.**

**POOL CLOSED FOR SWIM MEETS**

**2 pm - January 8, 10, 15, & 28**

**All Day - February 16th**