



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POOL SCHEDULE - January 19, 2018

BEATRICE MARY FAMILY YMCA

	Monday	Tuesday	Wednesday	Thursday	Friday
5:15 AM - 6:00 AM	Aqua Stand Up	Open & Lap Swim	Lap Swim	Open & Lap Swim	Open & Lap Swim
5:15 AM - 8:00 AM	Lap Swim				
8:00 AM - 9:00 AM	WaterinMotion	Aqua Surprise	WaterinMotion	Aqua Surprise	WaterinMotion
9:00 AM - 9:45 AM	Arthritic Aquacise	Arthritic Aquacise	Arthritic Aquacise	Arthritic Aquacise	Arthritic Aquacise
10:00 AM - 10:45 AM	Open & Lap Swim	Aqua Stand Up	Swim Lessons	Aqua Stand Up	Open & Lap Swim
11:15 AM - 12:15 PM	WaterinMotion	Open & Lap Swim	WaterinMotion	Open & Lap Swim	WaterinMotion
12:15 PM - 12:45 PM	Open & Lap Swim	Aqua Stand Up	Open & Lap Swim	Aqua Stand Up	Open & Lap Swim
12:45 PM - 1:00 PM		Open & Lap Swim		Open & Lap Swim	
1:00 PM - 3:00 PM		Swim lessons		Open & Lap Swim	
3:00 PM - 4:00 PM		Open & Lap Swim		Open & Lap Swim	
4:00 PM - 5:30 PM	NO OPEN/LAP SWIM	Water Gym/Aquacise	NO OPEN/LAP SWIM	Water Gym/Aquacise	NO OPEN/LAP SWIM Aqua Stand Up @ 6:30/Pool closes at 7:30
5:30 PM - 6:45 PM		NO OPEN/LAP SWIM		NO OPEN/LAP SWIM	
6:45 PM - 7:45 PM		NO OPEN/LAP SWIM		NO OPEN/LAP SWIM	
7:30 PM - 8:00 PM	Aqua Stand UP	Open & Lap Swim	Open & Lap Swim	Open & Lap Swim	
7:45 PM - 8:45 PM	Open & Lap Swim				

	Saturday	Sunday
7:30 AM - 11:00 AM	Open & Lap Swim/ Swim Lessons @ 9:00	
1:00 PM - 4:00 PM	Open & Lap Swim	
1:30 PM - 4:00 PM		Open & Lap Swim

Visit our website @ beatriceymca.org

High School Swim Team Practice Times:
MWF - 4:00 - 5:30 PM & Tue/Thur - 5:30 - 6:45 PM
Baracuda Swim Team Practice Times:
MW - 6:15 - 7:30 PM & Tue/Thur - 6:45 PM - 7:45 PM & Fridays
5:30 - 6:30 PM