



# MAY

## BHP BILLITON YMCA POOLS SCHEDULE

### COMPETITION POOL SCHEDULE

\*Member lanes available during Open Swim (5:00am – An hour before building closure)

#### MONDAY

- **Masters Swim Team**  
(5:30 - 6:30am & 12:00pm - 1:00pm)
- **Swim Team** (4:15pm - 7:15pm)
- **Group Swim Lessons** (5:25pm - 5:55pm)

#### THURSDAY

- **Masters Swim Team**  
(6:00am - 7:00am & 6:30pm - 7:30pm)
- **Swim Team** (4:15pm - 7:15pm)
- **Group Swim Lessons** (5:25pm - 5:55pm)

#### TUESDAY

- **Masters Swim Team**  
(6:00am-7:00am & 6:30pm-7:30pm)
- **Swim Team** (4:15pm - 7:15pm)
- **Group Swim Lessons** (5:25pm - 5:55pm)

#### FRIDAY

- **Masters Swim Team** (5:30am - 6:30am)
- **Swim Team** (4:15pm - 6:00pm)

#### WEDNESDAY

- **Masters Swim Team**  
(5:30am - 6:30am & 12:00pm - 1:00pm)
- **Swim Team** (4:15pm - 7:15pm)
- **Group Swim Lesson** (5:25pm - 5:55pm)

#### SATURDAY

- **Swim Team** (7:15am - 10:30am)
- **Paddleboard Yoga** (9:30am - 10:30am)
- **Group Swim Lessons** (10:10am-10:40am)

### FAMILY POOL SCHEDULE

\*Pool Open Swim (8:00am – an hour before building closure)

\*Pool Closed during Parkinson's Aquatic Fitness Class

#### MONDAY

- **Water Aerobics**  
(8:15am-9:05am & 4:30pm-5:20pm)
- **Group Swim Lessons** (4:40pm-5:10pm, 5:25pm-5:55pm, 6:00pm-6:30pm)
- **Adult Learn to Swim** (5:00pm - 7:00pm)
- **Aqua HIIT** (6:00pm-6:50pm)

#### THURSDAY

- **Water Aerobics**  
(10:15am-11:05am & 5:30pm-6:20pm)
- **Group Swim Lessons**  
(4:40pm - 5:10pm, 5:15pm - 5:45pm, 6:00pm-6:30pm)

#### TUESDAY

- **Water Aerobics**  
(10:15am-11:05am & 5:30pm-6:20pm)
- **Group Swim Lessons**  
(4:40pm - 5:10pm, 5:15pm - 5:45pm, 6:00pm-6:30pm)

#### FRIDAY

- **Water Aerobics** (8:15am-9:05am)
- **Mommy & Me Water Fun** (9:30am-10:20am)

#### WEDNESDAY

- **Water Aerobics**  
(8:15am-9:05am & 4:30pm-5:20pm)
- **Parkinson's Aquatic Fitness** (10:55am-12:00pm)
- **Adult Learn to Swim** (5:00pm - 7:00pm)
- **Group Swim Lessons** (4:40pm - 5:10pm, 5:25pm-5:55pm, 6:00pm-6:30pm)

#### SATURDAY

- **Group Swim Lessons**  
(9:00am - 9:30am & 9:35am - 10:05am)
- **Water Aerobics** (10:45am-11:35am)
- **Group Swim Lessons** (9:00am - 9:30am & 9:35am-10:05am)

**The Y: We're for youth Development,  
healthy living, and social responsibility.**

**SWIM TEAM PRACTICE TIMES & LANES**

<b>Group</b>	<b>Pool</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Lanes</b>
<b>Level I</b>	East	5:00-5:45pm	5:00-5:45pm	5:00-5:45pm	5:00-5:45pm	OFF	OFF	1-4
<b>Level II</b>	East	5:50-6:50pm	5:50-6:50pm	5:50-6:50pm	5:50-6:50pm	OFF	OFF	1-5
<b>Level III</b>	West	5:45-7:00pm	5:45-7:00pm	5:45-7:00pm	5:45-7:00pm	OFF	9:00-10:30am	1-5
<b>Level IV</b>	West	5:45-7:15pm	5:45-7:15pm	5:45-7:15pm	5:45-7:15pm	OFF	9:00-10:30am	6-7
<b>Level V</b>	West	4:15-5:45pm	4:15-5:45pm	4:15-5:45pm	4:15-5:45pm	4:15-5:45pm	7:15-9:00am	1-8
<b>Level VI</b>	West	4:15-6:00pm	4:15-6:00pm	4:15-6:00pm	4:15-6:00pm	4:15-6:00pm	7:15-9:00am	1-8

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