



DECEMBER BHP BILLITON YMCA POOLS SCHEDULE

COMPETITION POOL SCHEDULE

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

*Full Course Monday – Thursday / Short Course Friday – Sunday

<p>MONDAY</p> <ul style="list-style-type: none"> - Masters Swim Team (5:30 - 6:30am & 12:00pm - 1:00pm) - Group Swim Lessons (5:25pm – 5:55pm, 6:00pm-6:30pm) 	<p>THURSDAY</p> <ul style="list-style-type: none"> - Masters Swim Team (6:00am - 7:00am & 6:30pm - 7:30pm) - Group Swim Lessons (5:25pm – 5:55pm)
<p>TUESDAY</p> <ul style="list-style-type: none"> - Masters Swim Team (6:00am-7:00am & 6:30pm-7:30pm) - Group Swim Lessons (5:25pm – 5:55pm) 	<p>FRIDAY</p> <ul style="list-style-type: none"> - Masters Swim Team (5:30am - 6:30am)
<p>WEDNESDAY</p> <ul style="list-style-type: none"> - Masters Swim Team (5:30am - 6:30am & 12:00pm - 1:00pm) - Group Swim Lessons (5:25pm – 5:55pm, 6:00pm-6:30pm) 	<p>SATURDAY</p> <ul style="list-style-type: none"> - Masters Swim Team (7:00am - 8:00am) - Paddleboard Yoga (9:30am – 10:30am)

FAMILY POOL SCHEDULE

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

*Pool Closed during Parkinson’s Aquatic Fitness Class

<p>MONDAY</p> <ul style="list-style-type: none"> - Water Aerobics (8:15am-9:05am & 4:30pm-5:20pm) - Group Swim Lessons (4:40pm-5:10pm) - Adult Learn to Swim (5:00pm – 7:00pm) - Aqua HIIT (6:00pm-6:50pm) 	<p>THURSDAY</p> <ul style="list-style-type: none"> - Water Aerobics (10:15am-11:05am & 5:45pm-6:30pm) - Group Swim Lessons (4:40pm – 5:10pm, 5:15pm -5:45pm)
<p>TUESDAY</p> <ul style="list-style-type: none"> - Water Aerobics (10:15am-11:05am & 5:45pm-6:30pm) - Group Swim Lessons (4:40pm - 5:10pm, 5:15pm -5:45pm) 	<p>FRIDAY</p> <ul style="list-style-type: none"> - Water Aerobics (8:15am-9:05am) - Mommy & Me Water Fun (9:30am-10:20am)
<p>WEDNESDAY</p> <ul style="list-style-type: none"> - 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) 	<p>SATURDAY</p> <ul style="list-style-type: none"> - Water Aerobics (10:45am-11:35am)

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