



January

BHP BILLITON YMCA POOLS SCHEDULE

COMPETITION POOL SCHEDULE

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

MONDAY <ul style="list-style-type: none">- Masters Swim Team (5:30 - 6:30am & 12:00pm - 1:00pm)- Deep Water Cardio (8:15am -9:00am)	THURSDAY <ul style="list-style-type: none">- Masters Swim Team (6:00am - 7:00am & 6:30pm - 7:30pm)
TUESDAY <ul style="list-style-type: none">- Masters Swim Team (6:00am-7:00am & 6:30pm-7:30pm)	FRIDAY <ul style="list-style-type: none">- Masters Swim Team (5:30am - 6:30am)- Deep Water Cardio (8:15am -9:00am)
WEDNESDAY <ul style="list-style-type: none">- Masters Swim Team (5:30am - 6:30am & 12:00pm - 1:00pm)- Deep Water Cardio (8:15am -9:00am)	SATURDAY <ul style="list-style-type: none">- Masters Swim Team (7:00am - 8:00am)- 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 <ul style="list-style-type: none">- Water Aerobics (8:15am-9:05am & 4:30pm-5:20pm)- Aqua HIIT (6:00pm-6:50pm)	THURSDAY <ul style="list-style-type: none">- Water Aerobics (10:15am-11:05am & 5:45pm-6:30pm)
TUESDAY <ul style="list-style-type: none">- Water Aerobics (10:15am-11:05am & 5:45pm-6:30pm)	FRIDAY <ul style="list-style-type: none">- Water Aerobics (8:15am-9:05am)- Water Fun Baby (9:30am-10:20am)
WEDNESDAY <ul style="list-style-type: none">- Water Aerobics (8:15am-9:05am & 4:30pm-5:20pm)- Parkinson's Aquatic Fitness (10:55am-12:00pm) *	SATURDAY <ul style="list-style-type: none">- Water Aerobics (9:15am – 10:00am)- Group Swim Lessons (9:00am-10:40am)

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