



APRIL

BHP BILLITON YMCA POOLS SCHEDULE

COMPETITION POOL SCHEDULE

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

<p>MONDAY</p> <ul style="list-style-type: none"> - Masters Swim Team (5:30 - 6:30am & 12:00pm - 1:00pm) - Deep Water Cardio (8:15am -9:00am) - 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)
<p>TUESDAY</p> <ul style="list-style-type: none"> - Masters Swim Team (6:00am-7:00am & 6:30pm-7:30pm) 	<p>FRIDAY</p> <ul style="list-style-type: none"> - Masters Swim Team (5:30am - 6:30am) - Deep Water Cardio (8:15am -9:00am)
<p>WEDNESDAY</p> <ul style="list-style-type: none"> - Masters Swim Team (5:30am - 6:30am & 12:00pm - 1:00pm) - Deep Water Cardio (8:15am -9:00am) - 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) - Group Swim Lessons (10:10am – 10:40am)

Pool Open Swim (8:00am – an hour before building closure) Pool Closed during Parkinson’s Aquatic Fitness Class*

FAMILY POOL SCHEDULE

<p>MONDAY</p> <ul style="list-style-type: none"> - Water Aerobics (8:15am-9:05am & 4:30pm-5:20pm) - Group Swim Lessons (9:10am-9:40am, 4:40pm-5:55pm) - 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 (9:10am-9:40am, 4:40pm – 5:10pm, 5:25pm -5:55pm)
<p>TUESDAY</p> <ul style="list-style-type: none"> - Water Aerobics (10:15am-11:05am & 5:45pm-6:30pm) - Group Swim Lessons (9:10am-9:40am, 4:40pm - 5:10pm, 5:25pm -5:55pm) 	<p>FRIDAY</p> <ul style="list-style-type: none"> - Water Aerobics (8:15am-9:05am) - Water Fun Baby (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 (9:10am-9:40am, 4:40pm – 5:55pm) 	<p>SATURDAY</p> <ul style="list-style-type: none"> - Water Aerobics (9:15am-10:00am) - Group Swim Lessons (9:00am-10:40am)