



BHP BILLITON YMCA POOLS SCHEDULE

Updated 07/30/24

COMPETITION POOL SCHEDULE

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

Details on lane closures on the back

MONDAY <ul style="list-style-type: none"> - Masters Swim Team (5:30am-6:30am & 12:00pm-1:00pm) - YNWL Swim Team (5:30am-7:30am & 4:30-6:30pm) - 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) - YNWL Swim Team (5:30am-7:30am & 4:30-6:30pm) - Group Swim Lessons (4:40-6:00pm)
TUESDAY <ul style="list-style-type: none"> - Masters Swim Team (6:00am-7:00am & 6:30pm-7:30pm) - YNWL Swim Team (5:30am-7:30am & 4:30-6:30pm) - Group Swim Lessons (4:40-6:00pm) 	FRIDAY <ul style="list-style-type: none"> - Masters Swim Team (5:30am - 6:30am) - YNWL Swim Team (5:30am-7:30am & 4:30-6:30pm) - 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) - YNWL Swim Team (5:30am-7:30am & 4:30-6:30pm) - Deep Water Cardio (8:15am-9:00am) 	SATURDAY <ul style="list-style-type: none"> - YNWL Swim Team (7:15 am-9:15 am) - Paddleboard Yoga (9:30am-10:30am) - Group Swim Lessons (9:35-10:05am)

FAMILY POOL SCHEDULE

Pool open swim (8:00am-an hour before building closure)

Pool Closed during Parkinson's Aquatic Fitness Class & during Group Swim Lessons

MONDAY <ul style="list-style-type: none"> - Water Aerobics (8:15am-9:00am & 4:30pm-5:15pm) - Adult Learn to Swim (5:00pm-7:00pm) - Aqua HIIT (6:00pm-6:50pm) 	THURSDAY <ul style="list-style-type: none"> - Water Aerobics (10:15am-11:00am & 6:00pm-6:45pm) - Group Swim Lessons (4:00pm-6:00pm)*
TUESDAY <ul style="list-style-type: none"> - Water Aerobics (10:15am-11:00am & 6:00pm-6:45pm) - Group Swim Lessons (4:00pm-6:00pm)* 	FRIDAY <ul style="list-style-type: none"> - Water Aerobics (8:15am-9:00am) - Water Fun Baby (9:30am-10:20am)
WEDNESDAY <ul style="list-style-type: none"> - Water Aerobics (8:15am-9:00am & 4:30pm-5:15pm) - Parkinson's Aquatic Fitness (10:55am-12:00pm)* - Adult Learn to Swim (5:00pm-7:00pm) 	SATURDAY <ul style="list-style-type: none"> - Water Aerobics (8:15-9:00 & 10:00-10:45am) - Group Swim Lessons (9:00am-10:05am) SUNDAY <ul style="list-style-type: none"> - Water Aerobics (1:15-2:00pm)

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

LANE CLOSURES

(SIDE OPPOSITE OF THE SCORE BOARD)

Monday		
Deep Water Cardio	8:15-9:00AM	Lanes open: 3-8 Lanes closed: 1 & 2
Master's Swim Team	12:00-1:00pm	Lanes open: 1-5 Lanes closed: 6-8
YNWL Swim Team	4:30-6:30pm	Lanes open: 1-5 Lanes closed: 6-8

Thursday		
Group Swim Lessons	4:40-6:00pm	Lanes open: 2-5 Lanes closed: 1
YNWL Swim Team	4:30-6:30pm	Lanes open: 2-5 Lanes closed: 6-8
Master's Swim Team	6:30-7:30pm	Lanes open: 1-5 Lanes closed: 6-8

Tuesday		
Private Swim Training	7:30-8:15am	Lanes open: 2-8 Lanes closed: 1
Group Swim Lessons	4:40-6:00pm	Lanes open: 2-5 Lanes closed: 1
YNWL Swim Team	4:30-6:30pm	Lanes open: 2-5 Lanes closed: 6-8
Master's Swim Team	6:30-7:30pm	Lanes open: 1-5 Lanes closed: 6-8

Friday		
Deep Water Cardio	8:15-9:00AM	Lanes open: 3-8 Lanes closed: 1 & 2
YNWL Swim Team	4:30-6:30pm	Lanes open: 1-5 Lanes closed: 6-8

Wednesday		
Deep Water Cardio	8:15-9:00AM	Lanes open: 3-8 Lanes closed: 1 & 2
Master's Swim Team	12:00-1:00pm	Lanes open: 1-5 Lanes closed: 6-8
YNWL Swim Team	4:30-6:30pm	Lanes open: 1-5 Lanes closed: 6-8

Saturday		
Group Swim Lessons	9:35-10:05am	Lanes open: 2-8 Lanes closed: 1

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