**BHP BILLITON YMCA COMPETITION POOL SCHEDULE**



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| DAY | MEMBER SIDE | COMPETITION SIDE |
| Monday | **Deep Water Cardio: 8:15 am- 9:00 am**  Closed Lanes: 1-2 / Open Lanes: 3-8  **Swim for Life: 9:00-11:00 am**  Middle Lanes, no lanes closed  **Masters Swim Team: 12:00 pm–1:00 pm**  Closed Lanes: 5-8 / Open Lanes: 1-4  **YNWL Swim Team: 4:30 pm- 6:30 pm**  Closed Lanes: 7-8 / Open Lanes: 1-6 | **Masters Swim Team:**  5:30am-6:30am  **YNWL Swim Team:**  5:30am-7:30am / 4:30 pm-6:30 pm  **Highschool Swim:**  3:00-4:00 pm / 6:30 pm- 8:00 pm |
| Tuesday | **Swim for Life: 9:00-11:00 am**  Middle Lanes, no lanes closed  **YNWL Swim Team: 4:30 pm- 6:30 pm**  Closed Lanes: 7-8 / Open Lanes: 1-6  **Masters Swim Team: 6:30 pm- 7:30 pm** Closed Lanes: 7-8 / Open Lanes: 1-6 | **Masters Swim Team:**  5:30 am-7:00am  **YNWL Swim Team:**  4:30-6:30 pm  **Homeschool Practice:**  11:00 am-12:00 pm  **Highschool Swim:**  3:00-4:00 pm / 6:30 pm - 8:00 pm |
| Wednesday | **Swim for Life: 9:00-11:00 am**  Middle Lanes, no lanes closed  **Deep Water Cardio: 8:15 am- 9:00 am**  Closed Lanes: 1-2 / Open Lanes: 3-8  **Masters Swim Team: 12:00 pm–1:00 pm**  Closed Lanes: 5-8 / Open Lanes: 1-4  **YNWL Swim Team: 4:30 pm- 6:30 pm**  Closed Lanes: 7-8 / Open Lanes: 1-6 | **Masters Swim Team**  5:30am-6:30am  **YNWL Swim Team**  5:30am-7:30am / 4:30 pm-6:30 pm  **Highschool Swim:**  3:00-4:00 pm |
| Thursday | **Swim for Life: 9:00-11:00 am**  Middle Lanes, no lanes closed  **YNWL Swim Team: 4:30 pm- 6:30 pm**  Closed Lanes: 7-8 / Open Lanes:1-6  **Masters Swim Team: 6:30 pm –7:30 pm**  ClosedLanes: 7-8 / Open Lanes: 1-6 | **Masters Swim Team**  5:30 am-7:00am  **YNWL Swim Team**  4:30 pm-6:30pm  **Highschool Swim:**  3:00-4:00 pm / 6:30 pm -8:00 pm |
| Friday | **YNWL Swim Team: 4:30 pm- 6:30 pm**  Closed Lanes: 7-8 / Open Lanes:1-6  **Deep Water Cardio: 8:15am - 9:00am**  Closed Lanes: 1-2 / Open Lanes 3-8 | **Masters Swim Team**  5:30am - 6:30am  **YNWL Swim Team**  5:30am-7:30am / 4:30 pm-6:30 pm  **Homeschool Practice**  1:00 pm-2:00 pm |
| Saturday | **All Lanes open** | **YNWL Swim Team**  7:15 am-9:15 am  **Paddleboard Yoga**  9:30am-10:30am |
| Sunday | **All Lanes open** |  |

**Please note:** All lanes will be open on Member Side (opposite of score board) unless listed as closed above

**BHP BILLITON**



**FAMILY POOL SCHEDULE**

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| **DAY** | **HOURS** | **CLASSES** |
| **Monday** | 8:00 am – 8:30 pm | **Water Aerobics:** 8:15am-9:00am / 4:30pm-5:15pm  **\*Parkinson’s Aquatic Fitness:** 10:55am-12:00pm\*  **Aqua HIIT:** 6:00pm-6:50pm |
| **Tuesday** | 8:00 am- 8:30 pm | **Water Aerobics**: 10:15am-11:00am / 5:30pm-6:15pm  **\*Group Swim Lessons**: 4:15pm-6:00pm\* |
| **Wednesday** | 8:00 am- 8:30 pm | **Water Aerobics:** 8:15am-9:00am / 4:30pm-5:15pm  **Adaptive PE:** 9:00-11:00 am  **\*Parkinson’s Aquatic Fitness:** 10:55am-12:00pm\*  **Adult Learn to Swim:** 5:00pm-6:00pm |
| **Thursday** | 8:00 am- 8:30 pm | **Adaptive PE:** 9:00-11:00 am  **Water Aerobics:** 10:15am-11:00am & 5:30-6:15pm  **\*Group Swim Lessons:** 4:15pm-6:00pm\* |
| **Friday** | 8:00 am – 8:30 pm | **Water Aerobics:** 8:15am-9:00am  **Adaptive PE:** 9:00-11:00 am  **Water Fun Baby**: 9:30am-10:20am |
| **Saturday** | 8:00 am- 5:00 pm | **Water Aerobics:** 8:15am-9:00am / 10:00am-10:45am  **\*Group Swim Lessons:** 9:00am-11:00am\* |
| **Sunday** | 1:00 pm- 5:00 pm | **Water Aerobics:** 1:15 pm-2:00pm |

**\*Closed due to class, will reopen when class is over\***