



BOWLING FAMILY YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WINTER POOL SCHEDULE 2021

****LAP LANES MAY BE LIMITED DURING AQUA FITNESS, SWIM LESSONS, RENTALS & SWIM TEAM****

WINTER 2021

Schedule Begins 01OCT2021 and is subject to change.

Lap Swim Tips

Please enter the pool from the shallow end. To avoid accidents, when entering an occupied lane, please get the first swimmer's acknowledgement that you are there.

Directions

If there are 1 or 2 swimmers in a lane, they may elect to split the lane in half. The entrance of a third person immediately changes the lane to "circle" swimming format.

Speed

Please try to choose a lane with swimmers that most nearly match your speed.

Please Note:

Whirlpool USE

Whirlpool use is open to all pool patrons. However there is a max capacity of 6 person in the whirlpool at a time. Please limit your time to 20 min to allow everyone the chance to use the whirlpool.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00– 8:00am Lap Swim Open Swim	5:00– 8:00am Lap Swim Open Swim	5:00– 8:00am Lap Swim Open Swim	5:00– 8:00am Lap Swim Open Swim	5:00– 8:00am Lap Swim Open Swim		CLOSED
8:00 - 9:00am Lap Swim (1) 8:30 - 9:30am Silver Splash with Kathy**	8:00 - 9:00am Lap Swim (1) 8:30 - 9:30am Aqua Cardio Kick with Bernadette** Lap Swim (1)	8:00 - 9:00am Lap Swim (1) 8:30 - 9:30am Aqua Liquid Cardio with Maria** Lap Swim (1)	8:00 - 9:00am Lap Swim (1) 8:30 - 9:30am Aqua Splash & Build w/ Bernadette** Lap Swim (1)	8:00 - 9:00am Lap Swim (1) 8:30 - 9:30am Aqua Fit w/ Marie** Lap Swim (1)	8:00 - 9:00am 8:00 Aqua Fit With Mary** Lap Swim (1)	
9:00 - 12:00am Lap Swim (2) Swim Lessons (3) Open Swim	9:00 - 12:00am Lap Swim (2) Swim Lessons (3) Open Swim	9:00 - 12:00am Lap Swim (2) Swim Lessons (3) Open Swim	9:00 - 12:00am Lap Swim (2) Swim Lessons (3) Open Swim	9:00 - 12:00am Lap Swim Open Swim	9:00 - 12:00am Swim Lessons Lap Swim (1)	
12:10 - 2:00pm Lap Swim Open Swim	12:10 - 2:00pm Lap Swim Open Swim	12:10 - 2:00pm Lap Swim Open Swim	12:10 - 2:00pm Lap Swim Open Swim	12:10 - 2:00pm Lap Swim Open Swim	12:10 - 2:00pm Lap Swim Open Swim	
2:10 - 4:00pm Lap Swim Open Swim	2:10 - 4:00pm Lap Swim Open Swim	2:10 - 4:00pm Lap Swim Open Swim	2:10 - 4:00pm Lap Swim Open Swim	2:10 - 4:00pm Lap Swim Open Swim	2:10 - 3:00pm Lap Swim Open Swim	
4:00 - 6:00pm Swim Lessons Lap Swim (2) Open Swim	4:00 - 6:00pm Swim Lessons Lap Swim (2) Open Swim	4:00 - 6:00pm Swim Lessons Lap Swim (2) Open Swim	4:00 - 6:00pm Swim Lessons Lap Swim (2) Open Swim	4:10 - 6:00pm Lap Swim Open Swim	3:00– 5:00pm Swim Team	
6:00- 7:00pm *6:00 Swim Team* 3 Lanes Swim Lessons 2 Lanes	6:00 - 7:00pm *6:00 Swim Team* 3 Lanes Swim Lessons 2 Lanes	6:00 - 7:00pm *6:00 Swim Team* 3 Lanes Swim Lessons 2 Lanes	6:00 - 7:00pm *6:00 Swim Team* 3 Lanes Swim Lessons 2 Lanes	6:00– 8:00pm Swim Team		
7:00– 8:00pm Swim Team Rental	7:00– 8:00pm Swim Team Rental	7:00– 8:00pm Swim Team Rental	7:00– 8:00pm Swim Team Rental			

Please Note:

**Lap swim is available every day, but may only be 1 lane or times as noted. Please be courteous to the classes.

During Water Fitness Classes there will be only 1 lap lane open regardless of number of participants.

The pool will close for 10 min at listed times for lifeguard break. Occasionally the lifeguards may need to call a break at non-listed times as well. We ask that all swimmers, except those involved in private lessons, please exit the pool and deck areas during these breaks to include the family changing rooms.

Revised 01Oct2021

Both Pools are available for rentals for private functions and parties. Please inquire at Desk for pricing



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FITNESS DESCRIPTIONS

Aqua Fit:

This workout is tailored for all fitness levels and is effective and fun! Designed to burn calories and make you sweat.

Cardio Kick:

This class full of constant active movement and you will get your hair wet.

HIIT it Hard:

Group strength training in the water. Workouts target all major muscle groups to the beat of the music. All fitness levels welcomed!

Rapid Liquid Cardio:

Non-stop cardio challenges. Challenging and exciting it will keep you inspired and wanting more!

Splash & Build:

This class will focus on strength and conditioning. With light cardio making you fill the burn!