



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 2020

Schedule Begins Nov23 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

The Whirl Pool may be reserved at the desk 24 hours in advance. Cost is \$10/45min and Active Membership is required. Use for the 45 min reservation period is limited to only the person reserving & their immediate family members on the same membership. Sharing of time between friends is strictly prohibited.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:10–8:00am Lap Swim Open Swim	6:10–8:00am Lap Swim Open Swim	6:10–8:00am Lap Swim Open Swim	6:10–8:00am Lap Swim Open Swim	6:10–8:00am Lap Swim Open Swim	6:00–8:00am Swim Team Rental	CLOSED
8:10 - 10:00am 9:15 Aqua Fit with Mary** Lap Swim Open Swim	8:10 - 9:00am 8:15 Aqua Cardio Kick with Kathy** Lap Swim Open Swim	8:10 - 9:00am 9:15 Aqua Liquid Cardio with Maria** Lap Swim Open Swim	8:10 - 9:00am 8:15 Aqua Splash & Build w/ Bernadette** Lap Swim Open Swim	8:10 - 9:00am 9:15 Aqua Hitt w/ Lizeth** Lap Swim Open Swim	8:10 - 9:00am Lap Swim Open Swim	
10:10 - 12:00am Lap Swim Open Swim	10:10 - 12:00am Lap Swim Open Swim	10:10 - 12:00am Lap Swim Open Swim	10:10 - 12:00am Lap Swim Open Swim	10:10 - 12:00am Lap Swim Open Swim	10:10 - 12:00am Lap Swim Open Swim	CLOSED
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	CLOSED
4:10 - 6:00pm Lap Swim Open Swim	4:10 - 6:00pm Lap Swim Open Swim	4:10 - 6:00pm Lap Swim Open Swim	4:10 - 6:00pm Lap Swim Open Swim	4:10 - 6:00pm Lap Swim Open Swim	3:00 - 10:00pm Swim Team Rental	
6:10 - 7:00pm Lap Swim Open Swim	6:10 - 7:00pm *6:30 Swim Team* 3 Lanes Members 2 Lanes	6:10 - 7:00pm *6:30 Swim Team* 3 Lanes Members 2 Lanes	6:10 - 7:00pm *6:30 Swim Team* 3 Lanes Members 2 Lanes	6:00–8:00pm Swim Team Rental		
7:30-9:00pm Swim Team Rental	7:00-9:00pm Swim Team Rental	7:00-9:00pm Swim Team Rental	7:00-9:00pm Swim Team Rental			

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

The pool will close for 10 min at the top of every 2 hour block for disinfection & lifeguard break.

We ask that all swimmers, except those involved in private lessons, please exit the pool and deck areas.

Revised 21Nov2020

The Pool is 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!