



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SUMMER POOL SCHEDULE 2020

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

**Pool Schedule**

**COVID 2020**

Schedule Begins June 1 and is subject to change.

Water Exercise will start June 15

**Equipment**

Please note that we are not able to provide any equipment for use, Sorry for the inconvenience.

**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.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15a-7:00am Lap Swim	6:15a-7:00am Lap Swim	6:15a-7:00am Lap Swim	6:15a-7:00am Lap Swim	6:15a-7a Lap Swim	6:15a-7:00m Lap Swim		<b>Please Note:</b> The pool will be open 45 minutes, then the closed for 15 minutes as to disinfect.
7:15a-8:00am Lap Swim	7:15a-8:00am Lap Swim	7:15a-8:00am Lap Swim	7:15a-8:00am Lap Swim	7:15a-8:00am Lap Swim	7:15a-8:00am Lap Swim		
8:15a-9:00am AOA Water with Nora	8:15a-9:00am Aqua Zumba with Ozi	8:15-9:00am Aqua Cardio with Val	8:15-9:00am Aqua Cardio with Val	8:15a-9am Aqua Zumba with Ozi	8:15a-9:00am AOA Water with Nora	8:15-9:00am Aqua Cardio with Val	
9:15a-10:00a Open Swim	9:15a-10:00a Open Swim	9:15a-10:00a Open Swim	9:15a-10:00a Open Swim	9:15a-10a Open Swim	9:15a-10:00a Open Swim	9:15a-10:00a Open Swim	
10:15a-11:00a Open Swim	10:15a-11:00a Open Swim	10:15a-11:00a Open Swim	10:15a-11:00a Open Swim	10:15a-11a Open Swim	10:15a-11:00a Open Swim	10:15a-11:00a Open Swim	
11:15a-12:00p Open Swim	11:15a-12:00p Open Swim	11:15a-12:00p Open Swim	11:15a-12:00p Open Swim	11:15a-12p Open Swim	11:15a-12:00p Open Swim	11:15a-12:00p Open Swim	<b>Please Note:</b> Lap swim is available every day, but may only be 1 lane ... there is a maximum number in the pool
12:15p-1:00p Open Swim	12:15p-1:00p Open Swim	12:15p-1:00p Open Swim	12:15p-1:00p Open Swim	12:15p-1p Open Swim	12:15p-1:00p Open Swim	12:15p-1:00p Open Swim	
1:15p-2:00p Open Swim	1:15p-2:00p Open Swim	1:15p-2:00p Open Swim	1:15p-2:00p Open Swim	1:15p-2:00p Open Swim	1:15p-2:00p Open Swim	1:15p-2:00p Open Swim	
2:15p-3:00p Open Swim	2:15p-3:00p Open Swim	2:15p-3:00p Open Swim	2:15p-3:00p Open Swim	2:15p-3:00p Open Swim	2:15p-3:00p Open Swim	2:15p-3:00p Open Swim	
3:15p-4:00p Open Swim	3:15p-4:00p Open Swim	3:15p-4:00p Open Swim	3:15p-4:00p Open Swim	3:15p-4:00p Open Swim	3:15p-4:00p Open Swim		
4:15p-5:00p Open Swim	4:15p-5:00p Open Swim	4:15p-5:00p Open Swim	4:15p-5:00p Open Swim	4:15p-5:00p Open Swim	4:15p-5:00p Open Swim		
5:15p-6:00p Open Swim	5:15p-6:00p Open Swim	5:15p-6:00p Open Swim	5:15p-6:00p Open Swim	5:15p-6:00p Open Swim	5:15p-6:00p Open Swim		
6:15p-7:00p Open Swim	6:15p-7:00p Open Swim	6:15p-7:00p Open Swim	6:15p-7:00p Open Swim	6:15p-7p Open Swim			

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## FITNESS DESCRIPTIONS

### Aqua Cardio:

Non-stop cardio challenges! This class is challenging and exciting- working out in the water will keep you inspired and wanting more! This class uses a variety of equipment and music.

### AOA Water:

This class focuses on low to medium intensity and range of motion, using a variety of equipment!

### Aqua Zumba:

This class is a low impact and moderate cardio workout, add Zumba to the mix. This is a fun and cheerful way to start your day!