






# ACTIVITY POOL

## BEAR LEVIN STUDER FAMILY YMCA



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

Activity Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5am	 <b>Open Swim</b>	<b>Open Swim</b>	<b>Open Swim</b>	<b>Open Swim</b>	 <b>Open Swim</b>		
6am							
7am							
8am			<b>Aqua Yoga</b>				
9am							
10am		<b>Swim Lessons</b> 10am-12pm	<b>Open Swim</b>	<b>Swim Lessons</b> 10am-12pm	<b>Open Swim</b>	<b>Swim Lessons</b> 9am-12pm	
11am							
12pm		<b>Open Swim</b>		<b>Open Swim</b>		<b>Family/ Open Swim</b>	 <b>Family/ Open Swim</b>
1pm							
2pm	<b>WaterFit</b>	<b>Aqua Bootcamp</b>	<b>WaterFit</b>	<b>Aqua Bootcamp</b>	<b>WaterFit</b>		
3pm	<b>Open Swim</b>	 <b>Family/ Open Swim</b>	<b>Open Swim</b>	<b>Family/ Open Swim</b>	 <b>Family/ Open Swim</b>		
4pm	<b>Swim Lessons</b> 3:30-6:30pm		<b>Swim Lessons</b> 3:30-6:30pm				
5pm							
6pm							
7pm	<b>Open Swim</b>					<b>Open Swim</b>	
8pm	<b>Pool Closes @ 7:45</b>	<b>Pool Closes @ 7:45</b>	<b>Pool Closes @ 7:45</b>	<b>Pool Closes @ 7:45</b>	<b>Pool Closes @ 7:45</b>	<b>Pool Closes @ 4:45</b>	<b>Pool Closes @ 4:45</b>

\*Waterslide can be turned on anytime open swim is available. See Lifeguard to turn on slide.

\*There is no open swim during swim lesson.

# LAP POOL

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Activity Time	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
<b>5am</b>	1 open lane	3 lap lanes		3 lap lanes	1 open lane	3 lap lanes		3 lap lanes	1 open lane	3 lap lanes				
<b>6am</b>	1 lap lane	<b>Masters Swim</b>			1 lap lane	<b>Masters Swim</b>			1 lap lane	<b>Masters Swim</b>				
<b>7am</b>	1 open lane	3 lap lanes			1 open lane	3 lap lanes			1 open lane	3 lap lanes				
<b>8am</b>	1 open lane	3 lap lanes	1 open lane	3 lap lanes	1 open lane	3 lap lanes	1 open lane	3 lap lanes	1 open lane	3 lap lanes	1 open lane	3 lap lanes		
<b>9am</b>	1 lap lane	<b>Deep WaterFit</b>			1 lap lane	<b>Deep WaterFit</b>			1 lap lane	<b>Deep WaterFit</b>				
<b>10am</b>														
<b>11am</b>				3 lap lanes				3 lap lanes			1 lap lane	<b>Swim Lessons</b>		
<b>12pm</b>	1 open lane	3 lap lanes			1 open lane	3 lap lanes			1 open lane	3 lap lanes				
<b>1pm</b>	1 open lane	3 lap lanes			1 open lane	3 lap lanes			1 open lane	3 lap lanes				
<b>2pm</b>				3 lap lanes				3 lap lanes			1 open lane	3 lap lanes		3 lap lanes
<b>3pm</b>					1 open lane	3 lap lanes			1 open lane	3 lap lanes				
<b>4pm</b>	2 lap lanes	<b>Swim lessons</b>			2 lap lanes	<b>Swim lessons</b>			2 lap lanes	<b>Swim lessons</b>				
<b>5pm</b>		3:30-6:30pm	1 lap lane	<b>Aqua Zumba</b>			1 lap lane	<b>Aqua Zumba</b>				3 lap lanes		
<b>6pm</b>					1 lap lane	<b>Aqua Zumba</b>			1 lap lane	<b>Aqua Zumba</b>				
<b>7pm</b>	1 open lane	3 lap lanes			1 open lane	3 lap lanes			1 open lane	3 lap lanes				
<b>8pm</b>														
	Pool Closes @ 7:45		Pool Closes @ 7:45		Pool Closes @ 7:45		Pool Closes @ 7:45		Pool Closes @ 7:45					

\*There will always be 1 lap lane available. Please circle swim if needed.

\*There is no open swim during scheduled activities.