



Pool Schedule Effective until December 23, 2022 Bayside Family YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lap Swim 5:00 am – 3:00 pm	Lap Swim 5:00 am – 3:00 pm	Lap Swim 5:00 am – 3:00 pm	Lap Swim 5:00 am – 3:00 pm	Lap Swim 5:00 am – 3:00 pm	Water Walking 7:00 – 9:00 am	Water Walking 7:00 – 9:00 am
Water Walking 6:00 – 9:00 am	Water Walking 6:00 – 9:00 am	Water Walking 6:00 – 9:00 am	Water Walking 6:00 – 9:00 am	Water Walking 6:00 – 9:00 am	Lap Swim 7:00 am – 1:30 pm	Lap Swim 7:00 am – 1:30 pm
	Swim Lessons 9:00 – 10:00 am		Swim Lessons 9:00 – 10:00 am		Swim Lessons 9:00 – 11:50 am	
Aqua Arthritis 9:15 – 10:00 am	Water Exercise 9:30 – 10:15 am		Water Exercise 9:30 – 10:15 am	Aqua Arthritis 9:15 – 10:00 am	Family Swim 12:00 – 1:30 pm	Family Swim 10:00 am – 1:30 pm
Water Walking 10:00 am – 12:00 pm	Water Walking 10:00 am – 12:00 pm	Water Walking 10:00 am – 12:00 pm	Water Walking 10:00 am – 12:00 pm	Water Walking 10:00 am – 12:00 pm		
Swim Team 3:00 – 9:00 pm	Swim Team 3:00 – 9:00 pm	Swim Team 3:00 – 9:00 pm	Swim Team 3:00 – 9:00 pm	Swim Team 3:00 – 9:00 pm		
Swim Lessons 4:00 – 6:00 pm	Swim Lessons 4:00 – 6:00 pm	Swim Lessons 4:00 – 6:00 pm	Swim Lessons 4:00 – 6:00 pm			
Family Swim 5:30 – 7:30 pm	Water Exercise 6:15 – 7:00 pm	Family Swim 5:30 – 7:30 pm	Water Exercise 6:15 – 7:00 pm	Family Swim 5:00 – 6:00 pm		

Building Hours
 Monday – Thursday: 5 am – 8 pm
 Friday: 5 am – 6:30 pm
 Saturday & Sunday: 7 am – 2 pm



Lap swim hours are circle swim depending on demand.
 Please note that all classes are subject to change due to demand, participation, and weather.

Schedule is subject to change

No Family Swim on Saturday, December 10, 2022 · Saturday, January 7, 2023 · Saturday, February 11, 2023
 Wednesday, December 14, 2022 · Wednesday, January 11, 2023 · Wednesday, January 25, 2023 · Wednesday, February 8, 2023