



Pool Schedule

Effective November 1st
to December 23, 2022

Bayside Family YMCA

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

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



» Schedule is subject to change »

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