

Indoor Pool Schedule



Bayside Family YMCA

March 2 - June 14, 2024

Lap Swim

Mon-Fri

5:00am-4:15pm

Saturday/Sunday

7:00am-1:30pm

Water Walking

Shallow Pool

Monday - Friday

6:00-10:00am

Saturday/Sunday

7:00-9:00am

Family Swim

Mon-Wed-Fri 10-12:00pm

T/Th 10:15-12pm

Mon 6:15-7:15pm

Wed 5:30-7pm

Friday 4:30-6:00pm

Saturday 12-1:30pm

Sunday 10am-1:30pm

Programs

Aqua Movement

M/F 8:30-9:15am

Water Exercise

T/Th 9:30-10:15am

T/Th 6:15-7:00pm

Swim Lessons

Mon - Thurs

4:00-6:15pm

Saturday

9am-12pm

Swim Team

Mon-Fri

4:15-7:30pm

Subject to change