



# YMCA Summer Pool Schedule



July 24 - August 28, 2010

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00							
6:00	Open Swim: Children 8 & under must be accompanied by an adult IN THE WATER.	Lap Swim 5:25-8:10 <small>*water walk starts at 7:15</small>	Lap Swim 5:25-8:10 <small>*water walk starts at 7:15</small>	Lap Swim 5:25-8:10 <small>*water walk starts at 7:15</small>	Lap Swim 5:25-8:10 <small>*water walk starts at 7:15</small>	Lap Swim 5:25-8:10 <small>*water walk starts at 7:15</small>	Lap Swim 6:15-8:00
7:00							
8:00		Aqua Fitness 8:15-9:10	Aqua Fitness 8:15-9:10	Aqua Fitness 8:15-9:10	Aqua Fitness 8:15-9:10	Aqua Fitness 8:15-9:10	Lap/Water Walk 8:00-8:55
9:00		Bend and Flex 9:00-9:45	Bodies in Motion 9:00-9:45	Pre-teen 9:15-9:45	Bodies in Motion 9:00-9:45	Bend and Flex 9:00-9:45	Lessons 9:00-11:20
10:00		Lessons 9:45-11:15	Lessons 9:45-11:15	Lessons 9:45-11:15	Lessons 9:45-11:15		
11:00							
12:00		Lap Swim 11:20-12:55	Lap Swim 11:20-12:55	Lap Swim 11:20-12:55	Lap Swim 11:20-12:55	Lap Swim 11:20-12:55	Lap Swim 11:20-12:55
1:00	Lap Swim 12:45-1:55	Twinges 1:00-1:45	Special 1:00-2:40	Twinges 1:00-1:45	Open/Lap 1:00-2:40	Twinges 1:00-1:45	Open Swim 1:00-2:30
2:00	Family Float 2:00-3:45	Special 1:50-2:40		Special 1:50-2:40		Open Swim 1:50-2:40	
3:00		Day Camp 2:45-3:55	Day Camp 2:45-3:55	Day Camp 2:45-3:55	Day Camp 2:45-3:55	Day Camp 2:45-3:55	Family Swim 2:30-3:45
4:00		Open/Lap 4:00-5:30	"Fun"damentals 4:00-5:30	Open/Lap 4:00-5:30	"Fun"damentals 4:00-5:30	Open/Lap 4:00-5:25	 Family Swim: Children under 18 must be accompanied by an adult IN THE WATER. 
5:00		Lap Swim 5:30-6:25	Lap Swim 5:30-6:25	Lap Swim 5:30-6:25	Lap Swim 5:30-6:25	Lap Swim 5:30-6:25	
6:00		Lessons 6:30-8:00	Diving/lessons 6:30-7:30	Lessons 6:30-8:00	Diving/lessons 6:30-7:30	Family Float 6:30-8:00	
7:00			Aqua Fitness 7:45-8:45		Aqua Fitness 7:45-8:45		
8:00		Aqua Fitness 8:00-8:55	Open Swim 8:50-9:45	Aqua Fitness/Adult lessons 8:00-8:55	Open Swim 8:45-9:45	Open Swim 8:00-9:30	
9:00	Open/lap 9:00-9:45	Open/lap 9:00-9:45					
10:00							



Benton Harbor-St. Joseph YMCA Family Center

3665 Hollywood Road • St. Joseph, Michigan 49085269.428.9622 (YMCA) • www.bhsjymca.org

## Facility Hours

May 30 – Sept. 25

**Monday–Friday** 5:00 am–10:00 pm

**Saturday** 6:00 am–4:00 pm

**Sunday** 12:30–4:00 pm

The Y will be closed Memorial Day, May 31, Independence Day, July 4, and Labor Day, September 6.

## Guest Passes

The YMCA is a membership-driven organization. You're always welcome at our YMCA and we'd love to have you become part of our YMCA family! In the meantime, guests are welcome to use our YMCA at non-peak times.

- Daily guest passes are \$7 for youths age 17 and under, \$10 for adults, and \$14 for families, which includes parents and dependent children. Guests must have photo identification.
- From Memorial Day to Labor Day (summer), guests are welcome **anytime** the facility is open.
- From Labor Day to Memorial Day (fall, winter, spring), guest passes will **not** be sold at the following times:

**Monday – Thursday** 2:15 pm - 7:00 pm

**Friday** 2:15 pm - Close

**Saturday** 8:15 am - 2:00 pm

**Sunday** 12:30 pm - Close

- Please note that guest passes will not be sold to youths from 8 am - 2:30 pm on school days.