



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POOL SCHEDULE

January 8 to March 3, 2012

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00							
6:00	Sundays are for Members only	Lap Swim 5:15-8:40	Lap Swim 5:15-8:55	Lap Swim 5:15-8:40	Lap Swim 5:15-8:55	Lap Swim 5:15-8:40	Lap Swim 6:15-8:55
7:00		*water walk starts at 7:30	*water walk starts at 7:30	*water walk starts at 7:30	*water walk starts at 7:30	*water walk starts at 7:30	*water walk starts at 8:00
8:00							
9:00		Aqua Fit 8:45-10:10	Liquid Cardio 9:00-9:55	Aqua Fit 8:45-10:10	Liquid Cardio 9:00-9:55	Aqua Fit 8:45-10:10	
10:00		Lessons 10:00-11:00	Bodies in Motion 10:00-10:45	Liquid Energy 10:00-10:45	Bodies in Motion 10:00-10:45	Lessons 10:00-11:00	Lessons 9:00-11:15
11:00		Hydro FX 10:30-11:15	Preschool 10:45-11:15	Preschool 10:45-11:15	Lessons 10:45-11:15	Hydro FX 10:30-11:15	
12:00	Lap Swim 11:45-2:00	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		School Group 1:00-2:30		School Group 1:00-2:30	School Group 1:00-2:30	School Group 1:00-3:00	
2:00		Water Works 2:30-3:15	Home School 1:00-3:00	Water Works 2:30-3:15	Open/Lap 2:40-3:55	Water Works 2:30-3:15	Open Swim 1:00-4:00
3:00	Family Float 2:00-5:00	Open/Lap 3:20-3:55	Open/Lap 3:00-3:55	Open/Lap 3:20-3:55		Open/Lap 3:20-3:55	*Birthday Parties
4:00		Swim Team 4:00-5:25	Swim Team/Lessons 4:00-5:25	Swim Team 4:00-5:25	Swim Team/Lessons 4:00-5:25	Swim Team 4:00-5:25	Family Swim 4:00-5:45
5:00		Lap 5:30-6:25	Masters 5:30-6:25	Lap 5:30-6:25	Masters 5:30-6:25	Lap 5:30-6:25	
6:00	Open/Lap 5:00-7:45	Lessons 6:30-8:00	Swim Team 6:30-8:00	Lessons 6:30-8:00	Swim Team 6:30-8:00	Family Float 6:30-8:00	
7:00		Aqua Fit 8:00-8:55	Aqua Fit 8:00-8:55	Aqua Fit/Lessons 8:00-8:55	Aqua Fit 8:00-8:55		
8:00		Open/Lap 9:00-9:45	Open/Lap 9:00-9:45	Open/Lap 9:00-9:45	Open/Lap 9:00-9:45	Open 8:00-9:30	
9:00							
10:00							



Open Swim: Children 8 & under must be accompanied by an adult IN THE WATER

Family Float: Children under 18 must be accompanied by an adult IN THE WATER

Benton Harbor-St. Joseph YMCA Family Center

3665 Hollywood Road, St. Joseph, MI 49085 P. 269-428-9622 www.bhsjymca.org