

Aquatics Schedule Bettie Allard YMCA



Fall 2023

									Fall 2	023						- TOPAGE
MONDAY	TUESDAY				WEDN	THURSDAY			FRII	DAY	SATURDAY		SUNDAY			
Main Pool	Main Pool Leisure Pool		Main Pool Leisure Pool		e Pool	Main Pool Leisure Pool		Main Pool		Leisure Pool	Main Pool	Leisure Pool	Main Pool	Leisure Pool	Main Pool	Leisure Pool
Full Lane Swim 5:30am-8:00am		Full Lane S 5:30am-9:0		Quafit 100am Swim 100pm 100ppm 1		Full Lane Swim 5:30am-9:00am	Leisure Pool	Full Lane Swim 5:30am-8:00am		Leisure Pool Open Swim 5:30am- 4:00pm	Full Lane Swim 5:30am-8:00am	Leisure Pool	Full Lane Swim 7:00am-8:00am	Leisure Pool Open Swim 5:30am-9:00am	Full Lane Swim 7:00am-8:00am	Leisure Pool Open Swim 5:30am 9:00am
	Open Swim 5:30am-4:00pm	Y Shallow A 9:15am-10:	•			Y Deep Aquafit 9:15am-10:00am	Leisure Pool 9am -11am 9am -11am 9am-11am	Partial Lane Swim 8am- 12pm Lessons 9am-11am			Open Swim 5:30am 9:00am	Partial Lane Swim 8:00am-9:00am	Partial Lane Swim 8:00am-9:00am			
Partial Lane Swim 8am- 12pm Swim Lessons 9am-10am		Partial Lane 10:00am-12				Partial Lane Swim 10am- 11am Y Shallow Aquafit 11:15am-12:00am *Coming Oct.*			Partial Lane Swim 8am- 12pm Swim Lessons 9am-11am		Leisure Pool Swim Lessons 9am -11am 9am-11am	Swim Lessons (Pools Closed)		Swim Lessons (Pools Closed) 9:00am-1:00pm		
Full Lane Swim 12:00pm-1:30pm	*Spaces allocated for swim lessons 9am-10am	Full Lane Swim 12:00pm-1:30pm Partial Lane Swim 1:30pm-3:00pm Open Swim 3:00pm- 4:00pm		*Spaces allocated for swim lessons 9am-10am		Full Lane Swim 12:00pm-1:30pm	Leisure Pool Open Swim 11:00am - 4:00pm	Full Lane Swim 12:00pm-1:30pm Partial Lane Swim 1:30pm-3:00pm		*Spaces allocated for swim lessons Leisure Pool Open Swim 15:30am-400pm 5:30am-400pm 4:30pm-7:30pm 4:30pm-7:30pm	Full Lane Swim 12:00pm-1:30pm	Leisure Pool Open Swim 11:00am - 4:00pm	9:00am-3:00pm			
Partial Lane Swim 1:30pm-3:00pm						Partial Lane Swim 1:30pm-3:00pm					Partial Lane Swim 1:30pm-3:00pm				Private Booking (Pool Closed)	
Open Swim 3:00pm-4:00pm						Open Swim 3:00pm-4:00pm			3:00pm- pm		Open Swim 3:00pm-4:00pm		Y Shallow Aquafit 2:00pm-2:45pm		1:00-3:00pm *Oct 15 - Dec 1	
Swim Lessons (Pools Closed) 4:00-7:30pm		Partial Lane Swim 4pm- 7:30pm		Leisure Pool Partial Swim 1:30pm-7:30pm	Swim Lessons 4:30-7:30pm		wim Lessons (Pools Closed) 4:00-7:30pm		wim Lessons 4:30pm- 7:30pm		Swim Lessons (Pools Closed) 4:00-7:30pm		Open Swim 3:00pm-5:30pm		Open Swim 3:00pm-	
Open Swim 7:30pm-8:30pm	Leisure Pool Open Swim 7:30pm-9:30pm	Open Swim 7:30pm- 8:30pm Leisure Pool Open Swim 7:30pm-9:30pm Partial Lane Swim 8:30pm-9:30pm		Leisure Pool		Open Swim	Leisure Pool Open Swim 7:30pm-9:30pm	Open Swim 7:30pm- 8:30pm		Leisure Pool Open Swim 7:30pm-9:30pm	Aquafit 7:45pm-8:30pm	Leisure Pool Open Swim 7:30pm-9:30pm		Leisure Pool Open Swim 3:00pm- 8:30pm *Lessons occur* Teen Night 5:30-7:30pm	7:30pm	Leisure Pool Open Swim 3:00pm-8:30pm
Partial Lane Swim						7:30pm-8:30pm							_			
8:30pm-9:30pm					Partial Lane Swim 8:30pm-9:30pm		Partial Lane Swim 8:00pm-9:30pm		Partial Lane Swim	ortial Lane Swim 0:30pm-9:30pm			Partial Lane Swim 7:30pm-8:30pm			

Aquatics, BAY - Updated: September 20, 2023 *Schedule subject to change without notice*

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	Coquitl	am Resident Access Please scan the QR Code to find YMCA Pool Access at City Prices
ACTIVITIES	Full Lane Swim	During these designated times, the pool is configured to all for Lane Swim Only. A reminder regarding Lane Swim Etiquette: Choose the appropriate lane for your pace. Swim to the right side of the lane. Faster swimmers must pass to the left. When entering the lane, give other swimmers the right of way. When resting, please keep to the corner to allow other swimmers to use the wall.
	Partial Lane Swim	During this time the pool is configured to have one to three lanes dedicated for Lane Swim Only. Additional aquatic activities may be occuring in other areas of the pool. Please see above for Lane Swim Etiquette.
	Open Swim	During this this time a section of the pool will be open for any type of swimming or water activity. Children are welcome in the pool during this time and the climbing wall is available as well.
	Teen Night Swim	For teens 13-18 yrs old. Join the pool party with the rock wall, swimming all while listening to music!
LESSONS	Swim Lessons Only	Swim Lessons for Members: Parent & Tot, Preschool, School Aged, Teen & Adult as available Lesson Hours will Expand over 2023 *Pools are closed during swim lessons
AQUAFIT	Y Aquafit	This water exercise class is for those looking for a light, low impact, joint-friendly workout. Improve core strength, endurance, range of motion, flexibility and balance. All levels welcome.
AQUATICS	Courses	Bronze Medallion Bronze Cross National Lifeguard Swim Instructor
DVANCED A	that Occur	During weekdays and weekends, courses for training lifeguards and instructors will be using the pool in and around all programs
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