



# Fall POOL SCHEDULE

YMCA OF THE COASTAL BEND \* Sept-Dec 2018

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>WATER WORKOUTS</b>	<b>Aqua ZUMBA®</b> 9:00 AM – 10:00 AM  <b>Water Aerobics</b> 5:30 PM – 6:30 PM	<b>Aqua ZUMBA®</b> 9:00 AM – 10:00 AM	<b>Aqua ZUMBA®</b> 9:00 AM – 10:00 AM  <b>Water Aerobics</b> 5:30 PM – 6:30 PM	<b>Aqua ZUMBA®</b> 9:00 AM – 10:00 AM	<b>Aqua ZUMBA®</b> 9:00 AM – 10:00 AM  <b>Aqua Aerobics</b> 5:30 PM – 6:30 PM		
<b>LAP TIMES</b>	5:30 AM – 9:00 AM 10:00 AM – 1:00 PM  6:30 PM – 8:00 PM <b>(1 lane only)</b>	5:30 AM – 9:00 AM 10:00 AM – 1:00 PM  6:30 PM – 8:00 PM <b>(1 lane only)</b>	5:30 AM – 9:00 AM 10:00 AM – 1:00 PM  6:30 PM – 8:00 PM <b>(1 lane only)</b>	5:30 AM – 9:00 AM 10:00 AM – 1:00 PM  6:30 PM – 8:00 PM <b>(1 lane only)</b>	5:30 AM – 9:00 AM 10:00 AM – 1:00 PM  6:30 PM – 8:00 PM <b>(1 lane only)</b>	8:00 AM – 10:00 AM 12:00 PM – 2:00 PM	12:00 PM – 2:00 PM
<b>FAMILY TIME</b>	6:30 PM – 8:00 PM	4:00 PM – 5:00 PM 6:30 PM – 8:00 PM	5:00 PM – 5:30 PM 6:30 PM – 8:00 PM	4:00 PM – 5:00 PM 6:30 PM – 8:00 PM	4:00 PM – 5:30 PM 6:30 PM – 8:00 PM	2:00 PM – 4:30 PM	2:00 PM – 4:30 PM
<b>LESSONS &amp; PROGRAMS</b>	<b>St.James Swim Team</b> 3:30 PM – 4:30 PM <b>Swim Lessons</b> 4:30 PM – 5:30 PM	<b>Swim Lessons</b> 5:00 PM – 6:30 PM	<b>Swim Lessons</b> 4:00 PM – 5:00 PM	<b>Swim Lessons</b> 5:00 PM – 6:30 PM		<b>Swim Lessons</b> 10:00 AM – 12:00PM	

\*Schedule is subject to change (Last updated 8/1/2018)

\* POOL WILL BE CLOSED DURING SWIM LESSONS

\*Please shower before entering the pool

\*Remember to share your lane during lap times

See front desk for more information