



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FALL/WINTER 2023-2024 YMCA OF THE COASTAL BEND

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------------------------------------|------------------------------------|------------------------------------|------------------------------------|------------------------------------|---------------------------------|--------------------|
| 6-9 a.m. LAP SWIM | 6-9 a.m. LAP SWIM | 6-9 a.m. LAP SWIM | 6-9 a.m. LAP SWIM | 6-9 a.m. LAP SWIM | | |
| 9-10 a.m. ZUMBA CLASS | 9-10 a.m. ZUMBA CLASS | 9-10 a.m. ZUMBA CLASS | 9-10 a.m. ZUMBA CLASS | 9-10 a.m. ZUMBA CLASS | 8-9 a.m. LAP SWIM | |
| 10 a.m.-2 p.m. LAP SWIM | 10 a.m.-2 p.m. LAP SWIM | 10 a.m.-2 p.m. LAP SWIM | 10 a.m.-2 p.m. LAP SWIM | 10 a.m.-2 p.m. LAP SWIM | 9-12 p.m. SHARED SWIM | |
| | | | | | 12-1 p.m. LAP SWIM | |
| 4-5:30 p.m. SHARED SWIM | 4-6:30 p.m. SHARED SWIM | 4-5:30 p.m. SHARED SWIM | 4-6:30 p.m. SHARED SWIM | 4-5:30 p.m. SHARED SWIM | 1-3:30 p.m. OPEN SWIM | POOL CLOSED |
| 5:30-6:30 p.m. AQUACISE | | 5:30-6:30 p.m. AQUACISE | | 5:30-6:30 p.m. AQUACISE | | |
| 6:30-8:30 p.m. OPEN SWIM | 6:30-8:30 p.m. OPEN SWIM | 6:30-8:30 p.m. OPEN SWIM | 6:30-8:30 p.m. OPEN SWIM | 6:30-8:30 p.m. OPEN SWIM | | |

This schedule is in effect from August 7th 2023

- Pool schedule is subject to change without notice.
- Please shower before entering the pool.
- Remember to share your lane during lap times.
- Lifeguard in-services are held monthly, which may affect pool hours of operation. Changes will be announced ahead of time.
- Lap Swim- Pool designated for lap swim only.
- Open swim- Pool open for lap swimming exercising, etc. Members must share the pool with all other participants.
- Shared swim- Pool is designated for lessons, with shared space for a lap Lane and open swimming. Lessons are a priority.

*SWIMMING LESSON MAY BE HELD AT ANY DESIGNATED TIME. INSTRUCTORS WILL BE MINDFUL OF POOL SPACE AND WILL RESPECT MEMBERS IN THE POOL.

See front desk for more information.

YMCA OF THE COASTAL BEND

417 S Upper Broadway Street Corpus Christi, Texas 78401

P 361.882.1741 www.ymca-cc.org

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