

Spring 2016 Pool Schedule
February 22nd – April 11th

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:00-7:00 4 Laps		6:00-7:00 4 Laps		6:00-7:00 4 Laps	
	7:00-8:30 3 Lap/ 1 PWW	6:00-8:30 3 Lap/ 1 PWW	7:00-8:30 3 Lap/ 1 PWW	6:00-8:30 3 Lap/ 1 PWW	7:00-8:30 3 Lap/ 1 PWW	7:00-8:15 3 Lap/1 PWW
	8:30-9:30 Hydro/1 Lap	8:30-9:30 CardioCrunch/ 1 Lap	8:30-9:30 Hydro/ 1 Lap	8:30-9:30 CardioCrunch/ 1 Lap	8:30-9:30 SilverSneakers Splash®/1 Lap	8:15-9:00 2 Lap/ 2 PWW
	9:30-10:30 AquaFit/1 Lap	9:30-10:30 SilverSneakers Splash®/1 Lap	9:30-10:30 AquaZumba®/1 Lap	9:30-10:30 SilverSneakers Splash®/1 Lap	9:30-10:30 AquaFit/1 Lap	9:00-11:00 Lessons/ 1 Lap
	10:30-11:30 Arthritis (shallow) AquaNoodle (deep/ 1 Lap	10:30-11:30 1 Lap/Lessons	10:30-11:30 Arthritis/ 1 Lap	10:30-11:30 1 Lap/Lessons	10:30-11:30 Arthritis/1 Lap	11:00-12:00 1 Lap/ Adaptive Aquatics/ Teen Swim Lessons
	11:30-12:00 2 Lap/2 PWW	11:30-12:00 2 Lap/Family Swim/Lessons	11:30-1:30 3 Lap/1 PWW	11:30-12:00 2 Lap/Family Swim/Lessons	11:30-12:00 3 Lap/ 1 PWW	12:00-12:30 2 Lap/Family Swim
12:00-1:00 3 Lap/1 PWW	12:00-1:30 3 Lap/1 PWW	12:00-1:30 3 Lap/1 PWW	1:30-4:15 2 Lap/2 PWW	12:00-1:30 3 Lap/ 1 PWW	12:00 – 1:30 3 Lap/1 PWW	12:30-1:30 Pool Rentals/2 Lap
1:00-3:30 2 Lap/2PWW	1:30-4:15 2 Lap/2 PWW	1:30-4:30 2 Lap/2 PWW	4:15-5:15 1 Lap/Swim Team	1:30-4:00 2 Lap/2 PWW	1:30-4:00 2 Lap/2 PWW	1:30-2:15 3 Lap/1 PWW
3:30-6:00 1 Lap/ Family Swim	4:15-5:15 1 Lap/Swim Team	4:30-5:15 1 Lap/1 PWW/Family Swim	5:15-7:00 Lessons/ 1 Lap	4:00-4:45 1 Lap/ Tween Wellness	4:00-5:00 2 Lap/2 PWW	2:15-3:00 2 Lap/Family Swim
	5:15-7:00 Lessons/ 1 Lap	5:15-6:00 Lessons/ 1 Lap	7:00-7:45 Adult Swim Lessons/2 Lap	4:45-5:15 1 Lap/1 PWW/Family Swim	5:00-7:00 1 Lap/Swim Team	3:00-4:00 Pool Rental/2 Lap
	7:00-7:45 3 Lap/1 PWW	6:00-7:00 AquaBlast/1 Lap	7:45-8:45 2 Lap/Family Swim	5:15-6:00 Lessons/ 1 Lap	7:00-8:45 2 Lap/ Family Swim	4:00-6:00 Family Swim/1 Lap
	7:45-8:45 2 Lap/ Family Swim	7:00-8:45 1 Lap/Swim Team		6:00-7:00 AquaBlast/1 Lap		
				7:00-8:45 1 Lap/Swim Team		
Schedule Subject to Change						PWW = Personal Water Workout

We will make every effort to provide pool space for PWW, family swim and rec swim. However, because of scheduling issues with our busy pool, private swim classes and certification classes involving two or more people may occur during these scheduled events. We will make every effort to have these programs without interfering with other swimmers. Please sign up for the Aquatic Email List in which you will receive pool updates. To receive emails reply to: vanessar@ymcabeth.net Updated 2/22/16

Bethlehem YMCA 430 East Broad St. Bethlehem, Pa 18018 610-867-7588