



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WEST SIDE FAMILY YMCA

INDOOR POOL SCHEDULE: NOVEMBER

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Lap Swim	5 am – 8:30 am (lap swim only) 8:30 am - 12 pm 12 pm – 1 pm (lap swim only) 1 pm - 8:30 pm	5 am – 8:30 am (lap swim only) 8:30 am - 12 pm 12 pm – 1 pm (lap swim only) 1 pm – 8:30 pm	5 am – 8:30 am (lap swim only) 8:30 am - 12 pm 12 pm – 1 pm (lap swim only) 1 pm - 8:30 pm	5 am – 8:30 am (lap swim only) 8:30 am - 12 pm 12 pm – 1 pm (lap swim only) 1 pm – 8:30 pm	5 am – 8:30 am (lap swim only) 8:30 am - 12 pm 12 pm – 1 pm (lap swim only) 1 pm – 8:30 pm	5 am – 8:30 am (lap swim only) 8:30 am - 12 pm 12 pm – 1 pm (lap swim only) 1 pm – 8:30 pm	7 am – 8 am (lap swim only) 1 pm - 5:30 pm	1 pm - 5:30 pm
Open/Family Swim	9:30 am – 12 pm 2 pm – 8:30 pm	9:30 am – 12 pm 2 pm – 4 pm 6 pm – 8:30 pm	9:30 am – 12 pm 2 pm – 8:30 pm	9:30 am – 12 pm 2 pm – 8:30 pm	9:30 am – 12 pm 2 pm – 8:30 pm	1 pm – 5:30 pm	1 pm - 5:30 pm	
Homeschool PE		10 am – 12 pm		10 am – 12 pm				
Aqua Aerobics	8:30 am - 9:30 am	8:30 am - 9:30 am	8:30 am - 9:30 am 1 pm – 2 pm		8:30 am - 9:30 am			
Aqua Hour	1 pm - 2 pm	1 pm - 2 pm		8:30 am – 9:30 am 1 pm - 2 pm	1 pm – 2 pm			
Swim Lessons	5 am – 8:30 pm	5 am – 8:30 pm	5 am – 8:30 pm	5 am – 8:30 pm	5 am – 8:30 pm	7 am – 5:30 pm	1 pm - 5:30 pm	

- Please share lap lanes. If lap lanes are full or unable to be shared, a **30-minute workout time will be enforced.**
- View our PDF schedule and mobile app for lane usage, activities, and descriptions. **The schedule is subject to change & pool space is adjusted based on volume.**
- **NO Open/Free Swim during scheduled Water Aerobics, Aqua Hour, or Lap Swim only times.**
- **November Holiday Hours:**
 - **Wednesday, November 23rd the buiding is open 5am – 6pm and the pool will close at 5:30pm. No Group X classes after 1pm.**
 - **Thursday, November 24th ALL Branches are CLOSED.**
 - **Friday, November 25th 8am – close. No Child Watch.**
- **November Group Lessons:** Monday, October 31st through Saturday, November 19th. This is a 3-week session for Saturdays & weekday lessons. There will be no TNAQ Clinic November & December, and no Group lessons for the month of December. January registration for Group Lessons and TNAQ Swim Clinic will open December 12th for Members and 15th for Non-Members. **NO Free Swim: Tuesdays 4 pm – 6:15 pm during group swim lessons.**
- **WAE: Tuesday 8:30 am – 9:30 am class and Wednesdays from 1 pm to 2 pm.**

West Side Family YMCA
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