

Bay View Family YMCA Pool Schedule

Fall I September 5-October 29, 2017

Monday	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1	Notes	
5:00-8:25	Lap Swim				OYO			
8:30-9:25	Aquafit II OYO						Split Shallow and Deep Ends	
9:30-10:10	Stretch & Tone OYO						Shallow Deep	
10:15-10:55	Water Walking Class Shallow Water Walking Class Deep						Split Shallow and Deep Ends	
11:00-11:40	Stretch & Tone OYO						Shallow Deep	
11:45-1:15	Lap Swim			Family Swim				
1:15-1:55	Stretch & Tone				Family Swim OYO		Shallow Deep	
2:00-3:00	Variety Pack			Family Swim				
3:00-5:00	Lap Swim							
5:00-6:00	Swim Team-Starts 9/13/17						Program Only	
6:05-8:00	Swim Lessons							
8:00-9:00	Lap Swim @8:10		Aquafit III					
9:00-10:00	Lap Swim							
Tuesday	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1	Notes	
5:00-8:30	Lap Swim				OYO			
8:30-9:25	Aquafit II OYO						Split Shallow and Deep Ends	
9:30-10:30	Pre School Lessons-Starts 10/17 OYO until then		Lap Swim		Pre School Lessons-Starts 10/17 Family swim until then			
10:35-11:20	Aqua Circuit Combo OYO						Split Shallow and Deep Ends	
11:25-12:10	Silver Sneakers @ Splash OYO						Shallow Deep	
12:15-1:15	Lap Swim			OYO				
1:15-2:00	Pre School Lessons-Starts 10/17 OYO until then		Water Walking Class OYO				Shallow Deep	
2:05-2:50	Family Swim		Variety Pak OYO				Shallow Deep	
2:50-3:50	Lap Swim		Water Yoga OYO				Shallow Deep	
3:50-4:30			Family Swim					
4:30-7:15	Swim Lessons						Program Only	
7:15-8:00	Tiger Kicks @7:00			Lap Swim				
8:00-9:00	Fitness Swim @8:30		Aqua Fit II				Space changes during class	
9:00-10:00	Fitness Swim		Lap Swim					
Wednesday	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1	Notes	
5:00-8:30	Lap Swim				OYO			
8:30-9:25	Aqua Fit II OYO						Split Shallow and Deep Ends	
9:30-10:10	Stretch & Tone OYO						Shallow Deep	
10:15-10:55	Water Walking OYO						Shallow Deep	
11:00-11:40	Stretch & Tone OYO						Shallow Deep	
11:45-1:15	Lap Swim			OYO				
1:15-1:55	Lap Swim	Stretch & Tone/OYO						Shallow
2:00-2:55	Preschool Lunch Bunch 2:30-3:00		Variety Pack				For the most up to date schedule call 585-671-8414	
3:00-4:00	Lap Swim			Family Swim				
4:00-6:00	Swim Lessons							
6:00-8:00	Swim Team Starts 9/14/17						Program Only	
8:00-9:00	Lap Swim		OYO					
9:00-10:00	Lap Swim							

Bay View Family YMCA Pool Schedule

Fall I September 6-October 22, 2016

Thursday	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1	Notes
5:00-8:30	Lap Swim				OYO		
8:30-9:25	AquaFit II OYO						Split Shallow and Deep Ends
9:30-10:30	Swim Lessons			Lap Swim		OYO	
10:30-11:25	Aqua Circuit Combo OYO						Split Shallow and Deep Ends
11:25-12:10	Silver Sneakers @ Splash OYO						Shallow Deep
12:15-1:15	Lap Swim				OYO		
1:15-2:15	Aqua Circuit Combo OYO					Family Swim OYO	Split Shallow and Deep Ends
2:20-2:50	Lap Swim			Family Swim /OYO			
2:50-3:50	Lap Swim		Water Yoga OYO				Shallow Deep
3:50-5:00	Lap Swim				Family Swim		
5:00-6:00	Family Swim		Lap Swim	Tiger Kicks			
6:00-8:00	Swim Team- Starts 9/15						Program Only
8:00-10:00	Fitness Swim @8:30		Lap Swim		OYO		
Friday	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1	Notes
5:00-8:30	Lap Swim				OYO		
8:30-9:25	Aqua Fit II OYO						Split Shallow and Deep Ends
9:30-10:10	Stretch & Tone OYO						Shallow Deep
10:15-10:55	Water Walking Class						Shallow & Deep Space Changes During Class
11:00-11:40	Pre School Lessons @ 10:30 Starts 10/20		Stretch & Tone				
11:45-2:30	Lap Swim				OYO		
2:30-3:30	Pre School Lessons		Lap Swim		Family Swim		
3:30-4:30	Lap Swim						
4:30-5:15	Swim Lessons						
5:15-7:25	Swim Lessons						Program Only
7:30-9:00	Family Swim w/ Slide Inflatable*						*Subject to change
9:00-10:00	Lap Swim						
Saturday	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1	Notes
7:00-8:25	Lap Swim				OYO		
8:25-9:25	Aqua Circuit Combo OYO						Split Shallow and Deep Ends
9:30-10:45	Swim Lessons						Program Only
10:45-11:45	Tiger Kicks			Swim Lessons			
11:45-12:45				Family Swim			
12:45-1:30	Lap Swim						
1:30-3:00	Swim Team-Starts 9/17						
3:00-4:30	Family Swim w/ Shallow End Inflatable*						*Subject to change
4:30-6:00	Youth Lap Swim			Family Swim			
6:00-7:00	Lap Swim						
Sunday	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1	Notes
8:00-11:00	Lap Swim				OYO		<i>For the most up to date schedule call 585-671-8414</i>
11:00-1:00					Family Swim		
1:00-3:00	Swim Lessons						<i>Lifeguard may change the schedule as needed</i>
3:00-4:30	Family Swim w/ Slide Inflatable*						
4:30-5:25	Aqua Circuit Combo OYO opposite end of class						
5:30-8:00	Swim Team-Starts 9/18						UPDATED 8/30/2017

