

Bay View Family YMCA Pool Schedule

Winter Interim December 25-December 31

Monday	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1	Notes	
Building Closed - Merry Christmas!								
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	Lap Swim				OYO			
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	OYO		Water Walking Class OYO				Shallow Deep	
2:05-2:50	Fun Club @1:45		Variety Pak OYO				Shallow Deep	
2:50-3:50	Lap Swim		Water Yoga OYO				Shallow Deep	
3:50-8:00	Family Swim							
8:00-9:00	Aqua Fit II						Space changes during class	
9:00-10:00	Fitness Swim @8:30		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	Variety Pack							
3:00-4:00	Fun Club		Lap Swim		Family Swim			<i>For the most up to date schedule call 585-671-8414</i>
4:00-6:00	Lap Swim		Family Swim					
6:00-8:00	Swim Team						<i>Program Only</i>	
8:00-9:00	Lap Swim		OYO					
9:00-10:00	Lap Swim							
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	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	OYO		Aqua Circuit Combo OYO				Split Shallow and Deep Ends	
2:20-2:50	Fun Club @1:45		Lap Swim		OYO			
2:50-3:50	Lap Swim		Water Yoga OYO				Shallow Deep	
3:50-6:00	Lap Swim				Family Swim			
6:00-8:00	Swim Team						<i>Program Only</i>	
8:00-10:00	Fitness Swim @8:30		Lap Swim		OYO			

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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 OYO						Shallow & Deep Space Changes During Class
11:00-11:40	Stretch & Tone OYO						Shallow Deep
11:45-3:00	Lap Swim			OYO			
3:00-4:00	Fun Club	Lap Swim		Family Swim			
4:00-7:30	Lap Swim	Family Swim					
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
9:30-1:30	Lap Swim	Family Swim					
1:30-3:00	Swim Team						
3:00-4:30	Family Swim w/ Shallow End Inflatable*						*Subject to change
4:30-6:00	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			For the most up to date schedule call 585-671-8414
11:00-1:00				Family Swim			
1:00-3:00	Lap Swim	Family Swim					<i>*Lifeguard may change the schedule as needed*</i>
3:00-4:30	Family Swim w/ Slide Inflatable*						
4:30-5:00	Family Swim						

