



POOL SCHEDULE

SOUTH BAY FAMILY YMCA

COMPETITION POOL & SPA

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM	Lap Swim (5) 5:00AM-7:30PM	Lap Swim (5) 5:00AM-10:30PM	Lap Swim (5) 5:00AM-7:30PM	Lap Swim (5) 5:00AM-10:30PM	Lap Swim (5) 5:00AM-7:30PM		
7:00AM							
8:00AM	Water Ex 7:30AM-8:15AM 4 lap lanes		Water Ex 7:30AM-8:15AM 4 lap lanes		Water Ex 7:30AM-8:15AM 4 lap lanes		
9:00AM	SPA CLOSED MONDAYS DUE TO CLEANING						
10:00AM							
11:00AM		Water Ex 10:30AM-11:15AM 2 lap lanes	Water Ex 10:30AM-11:15AM 2 lap lanes	Water Ex 10:30AM-11:15AM 2 lap lanes	Water Ex 10:30AM-11:15AM 2 lap lanes	Lap Swim (5) 8:00AM-3:00PM	Lap Swim (5) 9:00AM-1:00PM
12:00PM						Swim Lessons 8:10AM-1PM	Swim Lessons 9:10AM-1PM
1:00PM	Lap Swim (5) 11:15AM-4PM	Lap Swim (5) 11:15AM-4PM	Lap Swim (5) 11:15AM-4PM	Lap Swim (5) 11:15AM-4PM	Lap Swim (5) 11:15AM-4PM		
2:00PM							
3:00PM	Swim Lessons 2:40PM-8PM	Swim Lessons 2:40PM-8PM	Swim Lessons 2:40PM-8PM	Swim Lessons 2:40PM-8PM	Swim Lessons 2:40PM-8PM		
4:00PM							
5:00PM							
6:00PM	Swim Lessons/Team 4-8PM 1 lane	Swim Lessons/Team 4-8PM 1 lane	Swim Lessons/Team 4-8PM 1 lane	Swim Lessons/Team 4-8PM 1 lane	Swim Lessons/Team 4-8PM 1 lane		
7:00PM							
8:00PM							

* Schedule subject to change