



BENJAMIN HARRISON YMCA POOL SCHEDULE

Effective 5.28.22

Revised: 5.28.22

MON	TUE	WED	THURS	FRI	SAT
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Lap swim, water classes, open swim, and swim lessons are available Mon. through Sat. as indicated.

PLAY & LEARN

8a-2p 4p-8p	8a-2p 4p-8p	8a-2p 4p-8p	8a-2p 4p-8p	8a-2p	8a-1p
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WATER FIT CLASSES

<p>8:30a-9:30a Aqua Bootcamp Mikail- Rec Pool</p> <p>9:00a-10:00a \$ BOQUA Deep Tom- Lap Pool</p> <p>9:45a-10:45a Aqua Mobility Carol- Rec Pool</p> <p>5:30p-6:30p HITT Joyce- Rec Pool</p> <p>6:00p-7:00p Deep Water Aerobics Annette- Lap Pool</p> <p>6:30p-7:30p Shallow Water Aerobics Sue- Rec Pool</p>	<p>9:00a-10:00a Shallow Water Aerobics Kathy- Rec Pool</p> <p>9:00a-10:00a Deep Water Aerobics Ann- Lap Pool</p> <p>10:00a-11:00a Arthritis Joy- Rec Pool</p> <p>5:30p-6:30p HITT Joyce- Rec Pool</p> <p>6:30p-7:30p Shallow Water Aerobics Linda- Rec Pool</p>	<p>8:30a-9:30a Aqua Bootcamp Mikail- Rec Pool</p> <p>9:00a-10:00a \$ BOQUA Deep Tom- Lap Pool</p> <p>9:45a-10:45a Aqua Mobility Carol- Rec Pool</p> <p>5:30p-6:30p Aqua Zumba Jenni- Rec Pool</p> <p>6:30p-7:30p Shallow Water Aerobics April- Rec Pool</p>	<p>9:00a-10:00a Water Walking Grace- Rec Pool</p> <p>9:00a-10:00a Deep Water Aerobics Ann- Lap Pool</p> <p>10:00a-11:00a Arthritis Joy- Rec Pool</p> <p>5:30p-6:30p HITT Joyce- Rec Pool</p> <p>6:30p-7:30p Shallow Water Aerobics Linda- Rec Pool</p>	<p>10:00a-11:00a Shallow Water Aerobics Claire- Rec Pool</p>	<p>10:00a-11:00a Shallow Water Aerobics Rec Pool</p> <p>11:30a-12:30p \$ BOQUA Tom- Rec Pool</p> <p>12:30p-1:15p \$ BOQUA Balance Tom- Rec Pool</p>
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LAP POOL

<p>5:15a-9:00a Lap Swim</p> <p>6:20p-8:00p Scuba</p>	<p>5:15a-9:00a Lap Swim</p>	<p>5:15a-9:00a Lap Swim</p> <p>6:20p-8:00p Scuba</p> <p>6:00p-7:00p Special Olympics</p>	<p>5:15a-9:00a Lap Swim</p>	<p>5:15a-9:00a Lap Swim</p> <p>6:20p-8:00p Scuba</p>	<p>7:00a-9:00a</p> <p>11:00a-5:00p Scuba</p>
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REC POOL

<p>5:15a-9:00a Open Swim</p> <p>9:00a-10:00a Lap Swim (1 Lane)</p>	<p>5:15a-9:00a Open Swim</p> <p>9:00a-10:00a Lap Swim (1 Lane)</p>	<p>5:15a-9:00a Open Swim</p> <p>9:00a-10:00a Lap Swim (1 Lane)</p>	<p>5:15a-9:00a Open Swim</p> <p>9:00a-10:00a Lap Swim (1 Lane)</p>	<p>5:15a-9:00a Open Swim</p> <p>9:00a-10:00a Lap Swim (1 Lane)</p>	<p>7:00a-9:00a Open Swim</p> <p>9:00a-10:00a Lap Swim (1 Lane)</p>
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OUTDOOR POOL

<p>10:00a-11:00a Lap Swim (1 Lane)</p> <p>11:00a-8:00p Open Swim</p>	<p>10:00a-11:00a Lap Swim (1 Lane)</p> <p>11:00a-8:00p Open Swim</p>	<p>10:00a-11:00a Lap Swim (1 Lane)</p> <p>11:00a-8:00p Open Swim</p>	<p>10:00a-11:00a Lap Swim (1 Lane)</p> <p>11:00a-8:00p Open Swim</p>	<p>10:00a-11:00a Lap Swim (1 Lane)</p> <p>11:00a-8:00p Open Swim</p>	<p>10:00a-11:00a Lap Swim (1 Lane)</p> <p>11:00a-5:00p Open Swim</p>
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GROUP LESSONS/CAMP/SWIM TEAM & OTHER PROGRAMMING

<p>9:30a-10:00a & 11:00a-11:30a Camp Swim Lessons Rec Pool</p> <p>10:00a-11:00a Camp Swim Outdoor Pool</p> <p>11:30-1:30 Summer Express Group Swim Lessons Rec Pool</p> <p>5:00p-8:00p Group Swim Lessons Rec Pool</p>	<p>9:30a-10:00a & 11:00a-11:30a Camp Swim Lessons Rec Pool</p> <p>10:00a-11:00a Camp Swim Outdoor Pool</p> <p>11:30-1:30 Summer Express Group Swim Lessons Rec Pool</p> <p>5:00p-8:00p Group Swim Lessons Rec Pool</p> <p>6:00p-8:00p Swim Team Lap Pool</p>	<p>9:30a-10:00a & 11:00a-11:30a Camp Swim Lessons Rec Pool</p> <p>10:00a-11:00a Camp Swim Outdoor Pool</p> <p>11:30-1:30 Summer Express Group Swim Lessons Rec Pool</p> <p>5:00p-8:00p Group Swim Lessons Rec Pool</p>	<p>9:30a-10:00a & 11:00a-11:30a Camp Swim Lessons Rec Pool</p> <p>10:00a-11:00a Camp Swim Outdoor Pool</p> <p>11:30-1:30 Summer Express Group Swim Lessons Rec Pool</p> <p>5:00p-8:00p Group Swim Lessons Rec Pool</p> <p>6:00p-8:00p Swim Team Lap Pool</p>	<p>Swim Lesson Make Up Classes Offered the Last Friday of the Month</p>	<p>8:30a-12:10p Group Swim Lessons Rec Pool</p>
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Please note: Pools will be closed for inclement weather such as during episodes of thunder and/or lightning.