



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	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				
8:00AM									
9:00AM									
10:00AM		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	Lap Swim (5) 8:00AM-1:00PM			Lap Swim (5) 9:00AM-1:00PM	
11:00AM									
12:00PM									
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									
4:00PM									
5:00PM									
6:00PM	Lessons/Team 4-8PM 1-2 lanes	Lessons/Team 4-8PM 1-2 lanes	Lessons/Team 4-8PM 1-2 lanes	Lessons/Team 4-8PM 1-2 lanes	Lessons/Team 4-8PM 1-2 lanes				
7:00PM									
8:00PM									

* Schedule subject to change