



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FALL INDOOR POOL SCHEDULE

BENBROOK COMMUNITY CENTER YMCA

August 19–December 31

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lap Swim 5:00a-8:30a		Lap Swim 5:00a-6:00a	Lap Swim 5:00a-8:30a			
		YMCA Swim Team* 6:00a-7:15a				
		Lap Swim 7:15a-8:30a				
Water Aerobics 8:30a-9:15a					Lap Swim 7:00a-8:30a	
Boga HIIT 9:30a-10:30a	Lap/Family 9:15a-12:45p	Boga Flow 9:30a-10:30a	Lap/Family 9:15a-12:45p	Lap/Family 9:15a-12:00p		
Lap/Family 10:30a-12:00p		Lap/Family 10:30a-12:00p			Water Aerobics 8:30a-9:15a	
Water Aerobics 12:00p-12:45p		Water Aerobics 12:00p-12:45p		Water Aerobics 12:00p-12:45p	Water Aerobics 12:00p-12:45p	YMCA Swim Lessons 9:30a-12:00a
Lap/Family 12:45p-4:00p	Water Aerobics 12:45p-1:30p		Lap/Family 12:45p-4:00p	Lap/Family 12:45p-4:00p	Lap/Family 12:00p-5:45p	Lap/Family 1:00p-5:45p
	Lap/Family 1:30p-4:00p					
YMCA Swim Team & Swim Lessons* 4:00p-7:00p						
Lap/Family 7:00p-9:45p	Water Aerobics 7:00p-7:45p	Lap/Family 7:00p-9:45p	Lap/Family 7:00p-9:45p	Lap/Family 7:00p-9:45p		
	Lap/Family 7:45p-9:45p					

*Please note there will be no swim lessons or swim team August 19-September 3.
There will be no swim lessons the month of December.

What kind of Swimmer are YOU?

Lap Swimmer

Mon—Fri: 5:00a—9:45p (8:45p on Fridays)

Sat: 8:00a—5:45p

Sun: 1:00p—4:45p

High Traffic/Times to Avoid:

Mon-Fri: 4:00p—7:00p

***Please note that at least one lap lane will be available during Water Aerobics classes, Swim Team, and Swim Lessons. However, these are often times to avoid because fewer lap lanes will be available.**

Lap Swimming Policy

- ◆ There is no maximum capacity per lane, several swimmers can share a lane at one time.
- ◆ With 2 swimmers in the lane, swimmers “split the lane” where each swimmer stays on one side.
- ◆ With 3 swimmers or more, swimmers “circle swim.” Similarly to driving, with circle swimming swimmers stay on the right side of the lane.

Free/Family Swimmer

Monday—Friday: 1:30p—4:00p; 7:00p-9:45 (8:45p on Fri)

Saturday: 11:00a—5:45p

Sunday: 1:00p—5:45p

***Please note that Free/Family swim is only allowed during these times. We cannot allow Free/Family Swim during Water Aerobics, Swim Team, or Swim Lessons.**

***Swim Test for all children under the age of 14 are required. Please see a life-guard for details!**

Water Aerobics Participant

Mon: 8:30a-9:15a; 9:30a-10:30a; 12:00p-12:45p

Tues: 8:30a-9:15a; 12:45p-1:30p; 7:00p-7:45p

Wed: 8:30a-9:15a; 9:30a-10:30a; 12:00p-12:45p; 12:45p-1:30p

Thurs: 8:30a-9:15a; 12:45p-1:30p

Fri: 8:30a-9:15a; 12:00p-12:45p

Sat: 8:30a-9:15a

***Pick up a detailed Water Aerobics Schedule at our membership services desk for class detail and instructors.**

Swim Lesson Participant

Tuesday/Thursday: 4:00p—6:30p

Saturday: 9:30a—11:00a

***For more information on our Swim Lessons, please email BenbrookAquatics@ymcafw.org. We have private, semi-private, and group lesson available for individuals of all ages!**

Swim Team Participant

Monday-Friday: 4:00p—7:00p

***For more information on our Swim Team, please pick up a flyer at our membership services desk. Please contact BenbrookAquatics@ymcafw.org for Swim**

Thank you for your cooperation in keeping our pool safe! Remember, if you ever have any questions, please contact BenbrookAquatics@ymcafw.org.