



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

INDOOR POOL SCHEDULE

BEDFORD CENTER YMCA—Effective: 8/29/2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>Lap & Exercise Swim 6:00am–9:30am 3 Lanes Available</p>						<p>Lap & Family Swim 1:15p–4:45p</p>
<p>Water Aerobics 9:30am–10:30am NO LANES AVAILABLE</p>					<p>Lap & Exercise Swim 8:30m–9:30m</p>	
<p>Lap & Exercise Swim 10:30am—1:00pm 3 Lanes Available</p>					<p>Aerobics 9:30a–10:30a No Lap Lanes</p>	
<p>Pool Closed 1:00pm–5:00pm</p>					<p>Lap & Family Swim 10:30a–5:30p</p>	
<p>Lap & Family Swim Lessons 5:00p–5:30p 3 Lap Lanes</p>	<p>Lap & Family Swim Lessons 5:00p–5:30p 3 Lap Lanes</p>	<p>Lap & Family Swim Lessons 5:00p–6:30p 3 Lap Lanes</p>	<p>Lap & Family Swim Lessons 5:00p–6:30p 3 Lap Lanes</p>			
<p>Aerobics & Family Swim 5:30p–6:30p No Lap Lanes</p>	<p>Aerobics & Family Swim 5:30p–6:30p No Lap Lanes</p>	<p>Aerobics & Family Swim 6:30p–7:30p No Lap Lanes</p>	<p>Aerobics & Family Swim 6:30p–7:30p No Lap Lanes</p>	<p>Lap & Family Swim 4:30p–8:30p 3 Lap Lane</p>		
<p>Lap & Family Swim 6:30p–8:30p 3 Lap Lanes</p>	<p>Lap & Family Swim 6:30p–9:30p 3 Lap Lanes</p>	<p>Lap & Family Swim 7:30p–9:30p 3 Lap Lanes</p>	<p>Lap & Family Swim 7:30p–9:30p 3 Lap Lanes</p>			
<p>Pool Closes 8:30p</p>	<p>Pool Closes 9:30p</p>	<p>Pool Closes 9:30p</p>	<p>Pool Closes 9:30p</p>	<p>Pool Closes 8:30p</p>		

ADDITIONAL SWIM INFORMATION:

Outdoor Waterpark Closed for Season

- **Play Area**—Open during family swim times
- **Water Aerobics**—Monday thru Saturday @ 9:30am, Mon/Tues @ 5:30pm, Wed/Thurs @ 6:30pm