



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# POOL SCHEDULE

BEDFORD CENTER YMCA - Effective: 3/10/2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lap & Exercise Swim 6:00am-9:30am 3 Lanes Available						
Water Aerobics 9:30am-10:30am NO LANES AVAILABLE					Lap & Exercise Swim 8:30m-11:00m	
Lap & Exercise Swim 10:30am-1:00pm 3 Lanes Available					Aerobics 9:30a-10:30a No Lap Lanes	
Pool Closed 1:00pm-5:00pm					Lap & Family Swim 11:00a-5:30p	Lap & Family Swim 1:30p-4:30p
Lap & Family Swim 5:00p-5:30p 3 Lap Lanes	Lap & Family Swim 5:00p-5:30p 3 Lap Lanes	Lap & Family Swim 5:00p-6:30p 3 Lap Lanes	Lap & Family Swim 5:00p-6:30p 3 Lap Lanes	Lap & Family Swim 5:00p-8:30p 3 Lap Lane		
Aerobics 5:30p-6:30p No Lap Lanes	Aerobics 5:30p-6:30p No Lap Lanes	Aerobics 6:30p-7:30p No Lap Lanes	Aerobics 6:30p-7:30p No Lap Lanes			
Lap & Family Swim 6:30p-8:30p 3 Lap Lanes	Lap & Family Swim 7:30p-8:30p 3 Lap Lanes	Lap & Family Swim 6:30p-8:30p 3 Lap Lanes	Lap & Family Swim 7:30p-8:30p 3 Lap Lanes			
Pool Closes 8:30p	Pool Closes 9:30p	Pool Closes 9:30p	Pool Closes 9:30p	Pool Closes 8:30p		

## ADDITIONAL SWIM INFORMATION:

- Play Area - Open during family swim times
- Slides - Open Friday evening, Saturday, and Sunday
- Water Aerobics - Monday thru Saturday @ 9:30am, Mon/Tues @ 5:30pm, Wed/Thurs @ 6:30pm
- For additional questions, please contact Danny Clemons at [DClemons@ymcafw.org](mailto:DClemons@ymcafw.org).