



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POOL SCHEDULE

BENBROOK COMMUNITY CENTER YMCA—Effective: 1/2/2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lap & Family Swim 5:00a-6:00a						
BBCY/SCS/ FWCD Swim Teams 6:00a-7:15a *NO LANES AVAILABLE	BBCY/TCA Swim Teams 6:00a-7:30a *1 lap lane available.	BBCY/SCS/ FWCD Swim Teams 6:00a-7:15a *NO LANES AVAILABLE	BBCY/TCA Swim Teams 6:00a-7:15a *1 lap lane available.	TCA/FWCD Swim Teams 6:00a-7:15a *1 lap lane available.		
Lap & Family Swim 7:15a-9:15a					Lap & Family Swim 7:00a-8:00a	
Water Aerobics 9:15a-10:15a *One lap lane available Tuesday, Thursday, Friday.					SCS SWIM TEAM 8:00a-9:30a *3 lap lanes available.	
Lap & Family Swim 10:15a- 11:45a	Lap & Family Swim 10:15a-4:00p	Lap & Family Swim 10:15a- 11:45a	Lap & Family Swim 10:15a-4:00p	Lap & Family Swim 10:15a- 11:45a	FWTC/SCS Swim Team 9:30a-10:00a *NO LANES AVAILABLE	Lap & Family Swim 1:00p- 4:45p
Water Aerobics 11:45a- 12:45p *2 lap lanes available.		Water Aerobics 11:45a- 12:45p *2 lap lanes available.		Water Aerobics 11:45a- 12:45p *2 lap lanes available.	FWTC/ Lap Swim 10:00a- 10:30a *3 lap lanes available	
Lap & Family Swim 12:45p-4:30p		Lap & Family Swim 12:45p-4:30p		Lap & Family Swim 12:45p-4:30p	Lap & Family Swim 10:30a-4:45p	
SWIM TEAM 4:30p-7:15p *1 lap lane available.	Swim Lessons & Swim Team 4:00p-7:15p *NO LANES AVAILABLE.	SWIM TEAM 4:30p-6:30p *NO LANES AVAILABLE	Swim Lessons & Swim Team 4:00p-7:15p *NO LANES AVAILABLE.	SWIM TEAM 4:30p-6:30p *1 lap lane available.		
Lap & Family Swim 7:15p-9:00p	Lap, Family Swim, & Swim Lessons 7:15p-9:00p	Lap & Family Swim 7:15p-9:00p	Lap, Family Swim, & Swim Lessons 7:15p-9:00p	Pool Closes at 8:45p		

• For additional questions, please contact Christopher Caney, Regional Aquatics Director, at CCaney@ymcafw.org.