



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POOL SCHEDULE

BENBROOK COMMUNITY CENTER YMCA—Effective: 3/1/2023

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

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