



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

AQUATICS SCHEDULE-LAP POOL YMCA OF BRISTOL

Winter 2025

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------------------|---|----------------------|---|----------------------|-----------------------|-----------------------|
| Pool Opens @ 4:45 AM | Pool Opens @ 4:45 AM | Pool Opens @ 4:45 AM | Pool Opens @ 4:45 AM | Pool Opens @ 4:45 AM | | |
| | | | | | | |
| | | | | | Pool Opens @ 8:00 AM | |
| | | | | | | |
| | | | | | | |
| | | | | | | Pool Opens @ 1:00 PM |
| | | | | | | |
| | | | | | | |
| | 6:00-7:15 PM Swim Lessons (1 Lane Only) | | 6:00-7:15 PM Swim Lessons (1 Lane Only) | | | |
| | | | | | Pool Closes @ 5:30 PM | Pool Closes @ 5:30 PM |
| | | | | | | |
| Pool Closes @ 8:30 PM | Pool Closes @ 8:30PM | Pool Closes @ 8:30PM | Pool Closes @ 8:30 PM | Pool Closes @ 8:30PM | | |



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

AQUATICS SCHEDULE-THERAPY POOL YMCA OF BRISTOL

Winter 2025

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|--|--|--|-----------------------|-----------------------|
| Pool Opens @ 4:45 AM | Pool Opens @ 4:45 AM | Pool Opens @ 4:45 AM | Pool Opens @ 4:45 AM | Pool Opens @ 4:45 AM | | |
| | | | | | | |
| | | | | | Pool Opens @ 8:00 AM | |
| 8:30 - 10:00 AM Swim Lessons (Pool Partially Open) | 8:30 - 10:00 AM Swim Lessons (Pool Partially Open) | 8:30 - 10:00 AM Swim Lessons (Pool Partially Open) | 8:30 - 10:00 AM Swim Lessons (Pool Partially Open) | 8:30 - 10:00 AM Swim Lessons (Pool Partially Open) | | |
| 10:00 - 10:55 AM Water Exercise Suzanne (Pool Closed) | 10:00-11:00 AM Balance & Stretch Lynn (Pool Closed) | 10:00 - 10:55 AM Water Exercise Amy (Pool Closed) | 10:00-11:00 AM Balance & Stretch Lynn (Pool Closed) | 10:00 - 10:55 AM Water Exercise Suzanne (Pool Closed) | | |
| 11:05 AM-12:00 PM Water Exercise Sally (Pool Closed) | | 11:05 AM-12:00 PM Water Exercise Sally (Pool Closed) | | 11:05 AM-12:00 PM Water Exercise Sally (Pool Closed) | | Pool Opens @ 1:00 PM |
| 12:00 - 5:30 PM Swim Lessons (Pool Partially Open) | | 12:00 - 5:30 PM Swim Lessons (Pool Partially Open) | | | | |
| 5:30-6:00 PM Swim Lessons (Pool partially open) | | 5:30-6:00 PM Swim Lessons (Pool partially open) | | | | |
| 6:00-7:00 PM Water Exercise Sheri (Pool Partially Open) | 5:30-7:15 PM Swim Lessons (1 Lane Open for lap swim and water ex.) | 6:00-7:00 PM Water Exercise Sheri (Pool Partially Open) | 5:30-7:15 PM Swim Lessons (1 Lane Open for lap swim and water ex.) | | Pool Closes @ 5:30 PM | Pool Closes @ 5:30 PM |
| | | | | | | |
| Pool Closes @ 8:30 PM | Pool Closes @ 8:30 PM | Pool Closes @ 8:30 PM | Pool Closes @ 8:30 PM | Pool Closes @ 8:30 PM | | |