White Rock YMCA Summer Pool Schedule

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Lap	Family	Lap	Family	Lap	Family	Lap	Family	Lap	Family	Lap	Family	Lap	
5AM-7AM Lap Swim(4)	EAM QAM	5AM-7AM Lap Swim(4)	5AM-9AM Water Walking	5AM-7AM Lap Swim(4)	5AM-9AM Water Walking	5AM-7AM Lap Swim(4)	5AM-9AM Water Walking	5AM-7AM Lap Swim(4)	7AM-9AM Water Walking	7AM-9AM Lap Swim(4) 9AM-12PM Lap Swim(2)	1PM-4:45PM Family Swim	1PM-4:45PM Lap Swim	
7AM-9AM Swim Team No Lap Lanes	Water Walking	7AM-9AM Swim Team No Lap Lanes		7AM-9AM Swim Team No Lap Lanes		7AM-9AM Swim Team No Lap Lanes		7AM-9AM Swim Team No Lap Lanes	9AM-9:45AM Aqua Fitness				
9AM 17DM	10AM-10:45AM Aqua Fitness	9AM-10AM Lap Swim(4)		9AM-12PM Swim Lessons	9AM-12PM Swim Lessons	9AM-12PM Lap Swim(4)	9AM-2PM	9AM-12PM Swim Lessons	9:45AM-12PM Swim Lessons				
Swim Lessons	10:45AM-12PM Swim Lessons	10AM-12PM Lap Swim(2)											
12PM-2PM	12PM-1PM In-Service Pool Closed		9AM-5PM	12PM-2PM Lap Swim(2)		12PM-1PM Lap Swim(2)	Tallilly Jwilli	12PM-2PM Lap Swim(2)					
Lap Swim (2)		1PM-4PM Lap Swim(4)	railily 3will	2PM-4PM Lap Swim(4)	12PM-9PM Family Swim	1PM-4PM Lap Swim(4)	2PM-4PM Water Walking	2PM-5PM Lap Swim(4)	12PM-5:45PM Family Swim	12PM-5:45PM Lap Swim(4)			
2PM-4PM Lap Swim (4)		4PM-5PM Lap Swim(3)		4PM-5PM Lap Swim(3)		4PM-5PM Lap Swim(3)	4PM-8PM Family Swim						
4PM-5PM Lap Swim (3)	1PM-9PM Family Swim	5PM-9PM Swim Lessons	5PM-9PM Swim Lessons	5PM-9PM Lap Swim(4)		5PM-9PM Swim Lessons		5PM-8PM Lap Swim(2)					
5PM-9PM Lap Swim (4)									6:30PM-8:30PM Pool is available for private parties.				
	Lap 5AM-7AM Lap Swim(4) 7AM-9AM Swim Team No Lap Lanes 9AM-12PM Swim Lessons 12PM-2PM Lap Swim (2) 2PM-4PM Lap Swim (4) 4PM-5PM Lap Swim (3) 5PM-9PM	Lap SAM-7AM Lap Swim(4) TAM-9AM Swim Team No Lap Lanes 10AM-10:45AM Aqua Fitness 10:45AM-12PM Swim Lessons 12PM-2PM Lap Swim (2) 12PM-4PM Lap Swim (4) 4PM-5PM Lap Swim (3) 1PM-9PM Family Swim	Lap Family Lap 5AM-7AM Lap Swim(4) 7AM-9AM Swim Team No Lap Lanes 10AM-10:45AM Aqua Fitness 10:45AM-12PM Swim Lessons 10:45AM-12PM Swim Lessons 12PM-2PM Lap Swim (2) 12PM-4PM Lap Swim (4) 2PM-4PM Lap Swim (4) 4PM-5PM Lap Swim (3) 1PM-9PM Family Swim SpM-9PM Swim Lessons 1Am-7AM Lap Swim(4) 7AM-9AM Swim Team No Lap Lanes 10AM-10:45AM Aqua Fitness 10AM-10AM Lap Swim(4) 10AM-12PM Lap Swim(2) 12PM-1PM Lap Swim(2) 1PM-4PM Lap Swim(4) 4PM-5PM Lap Swim(3) 5PM-9PM Swim Lessons	Lap Family SAM-7AM Lap Swim(4) 7AM-9AM Swim Team No Lap Lanes 10AM-10:45AM Aqua Fitness 10:45AM-12PM Swim Lessons 12PM-2PM Lap Swim (2) 12PM-4PM Lap Swim (4) 2PM-4PM Lap Swim (4) 1PM-9PM Lap Swim (3) 1PM-9PM Lap Swim (3) Family SAM-7AM Lap Swim(4) 7AM-9AM Swim Team No Lap Lanes 10AM-10:45AM Aqua Fitness 10AM-12PM Lap Swim(4) 10AM-12PM Lap Swim(2) 1PM-4PM Lap Swim(4) 4PM-5PM Lap Swim(3) 5PM-9PM Swim Lessons 5PM-9PM Swim Lessons	Lap Family Lap Family Lap 5AM-7AM Lap Swim(4) 7AM-9AM Swim Team No Lap Lanes 10AM-10:45AM Aqua Fitness 10:45AM-12PM Swim Lessons 12PM-2PM Lap Swim (2) 12PM-4PM Lap Swim (4) 2PM-4PM Lap Swim (4) 1PM-9PM Lap Swim (3) 1PM-9PM Lap Swim (3) 5PM-9PM SAM-7AM Lap Swim(4) 5AM-9AM Swim (4) 5AM-9AM Swim (4) 5AM-9AM Water Walking 7AM-9AM Swim Team No Lap Lanes 10AM-10:45AM Aqua Fitness 10AM-12PM Swim (4) 10AM-12PM Lap Swim(2) 12PM-2PM Lap Swim(2) 12PM-2PM Lap Swim(4) 4PM-5PM Lap Swim(4) 5PM-9PM Swim Lessons 5PM-9PM Swim Lessons 5PM-9PM Swim Lessons 5PM-9PM Lap Swim(4)	Lap Family Lap Family Lap Family Lap Family 5AM-7AM Lap Swim(4) 7AM-9AM Swim Team No Lap Lanes 10AM-10-45AM Aqua Fitness 10-45AM-12PM Swim Lessons 112PM-2PM Lap Swim (2) 12PM-4PM Lap Swim (4) 2PM-4PM Lap Swim (4) 4PM-5PM Lap Swim (3) 1PM-9PM Family Swim 1PM-9PM Family Swim 5AM-7AM Lap Swim(4) 5AM-9AM Water Walking 7AM-9AM Swim Team No Lap Lanes 10AM-10-45AM Swim Team No Lap Lanes 10AM-12PM Swim(4) 10AM-12PM Swim(2) 12PM-2PM Swim Lessons 12PM-4PM Lap Swim(2) 4PM-5PM Lap Swim(4) 4PM-5PM Lap Swim(3) 1PM-9PM Family Swim 12PM-9PM Swim Lessons 1APM-9PM Swim Lap Swim(4) 1APM-9PM Swim (3) 1APM-9PM Swim (4) 1APM-9PM Lap Swim(4) 1APM-9PM Lap Swim(4)	Lap Family Lap Family Lap Family Lap Family Lap Family Lap	Lap Family SaM-7AM Lap Swim(4) SAM-9AM Water Walking TAM-9AM Swim Team No Lap Lanes TAM-9AM Swim Lap Swim(4) TAM-9AM Swim Team No Lap Lanes TAM-9AM Swim Lap Swim(4) TAM-9AM Swim Team No Lap Lanes TAM-9AM Swim Lap Swim(4) TAM-9AM Swim Lap Swim(5) TAM-9AM Swim Lap Swim(6) TAM-9AM Swim Lap Swim(6) TAM-9AM Swim Lap Swim(7) TAM-9AM Tam-9AM Swim Lap Swim(7) TAM-9AM	Lap Family Lap Family Lap Family Lap Family Lap Family Lap Family Lap	Lap Family Lap Family Lap Family Lap Family Lap Family Lap Family Lap Family	Lap Family SAM-9AM Lap Swim(4) SAM-9AM Cap Swim(4) Cap Swim(4) Cap Swim(4) Cap Swim(4) Cap Swim(4) Cap Swim(5) Cap Swim(6) Cap Swim(6)	Lap Family Lap Swim(4) SAM-9AM Lap Swim(4) Lap Swi	

- Lap lane will be used for swim tests periodically throughout the day. A 5-minute Safety Break occurs every 2 hours beginning at 2:00pm. This is a good time to take children to the bathroom and reapply sunscreen.
- Aqua Fitness: MINDBODY RESERVATIONS REQUIRED.
- Look for posted signs describing schedule changes, especially during holidays. Follow us on social media for updates.
- Swim Tests are required for all youth swimmers please visit the guard tent.
- Available lap lanes are noted in parentheses.