



# BHP BILLITON YMCA POOLS SCHEDULE

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## MONDAY

- **Open Lap Swim**  
(5:00am - 5:45pm & 6:45pm - 8:30pm)
- **Masters Swim Team**  
(5:30-6:30am & Noon-1:00pm)
- **Family Pool Open Swim**  
(8:00am-8:30pm)

## MONDAY GROUP EXERCISE CLASSES

- **Water Aerobics** (8:15am)
- **Water Aerobics** (4:30pm)
- **Water Aerobics** (5:30pm)
- **Core on the Board** (6:00pm)

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## TUESDAY

- **Open Lap Swim**  
(5:00am - 5:45pm & 6:45pm - 8:30pm)
- **Masters Swim Team**  
(6:00-7:00am & 6:30-7:30pm)
- **Family Pool Open Swim**  
(8:00am-8:30pm)

## TUESDAY GROUP EXERCISE CLASSES

- **AquaFit** (10:15am)
- **Water Aerobics** (5:30pm)

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## WEDNESDAY

- **Open Lap Swim**  
(5:00am - 5:45pm & 6:45pm - 8:30pm)
- **Masters Swim Team**  
(5:30-6:30am & Noon-1:00pm)
- **Family Pool Open Swim** (8:00am-8:30pm)

## WEDNESDAY GROUP EXERCISE CLASSES

- **Water Aerobics** (8:15am)
- **Water Aerobics** (4:30pm)
- **Water Aerobics** (5:30pm)
- **Core on the Board** (6:00pm)

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## THURSDAY

- **Open Lap Swim**  
(5:00am - 5:45pm & 6:45pm - 8:30pm)
- **Masters Swim Team**  
(6:00-7:00am & 6:30-7:30pm)
- **Family Pool Open Swim** (8:00am-8:30pm)

## THURSDAY GROUP EXERCISE CLASSES

- **Mommy & Me Water** (10:00am)
- **Aqua Dance** (10:15am)
- **Water Aerobics** (5:00pm)

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## FRIDAY

- **Open Lap Swim** (5:00am-7:00pm)
- **Masters Swim Team** (5:30-6:30am)
- **Family Pool Open Swim** (8:00am-7:00pm)

## FRIDAY GROUP EXERCISE CLASSES

- **Water Aerobics** (8:15am)

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## SATURDAY

- **Open Lap Swim** (7:00am-5:00pm)
- **Masters Swim Team** (7:00-8:00am)
- **Family Pool Open Swim** (8:00am-5:00pm)

## SATURDAY GROUP EXERCISE CLASSES

- **Paddleboard Yoga** (9:30am)

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## SUNDAY

- **Open Lap Swim** (1:00-5:00pm)
- **Family Pool Open Swim** (1:00pm-5:00pm)