

Lap Pool Schedule - August | Bremerton Family YMCA

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	Lap Swim YMCA Staff 5am - 3:30pm	Lap Swim YMCA Staff 5am - 3:30pm	Lap Swim YMCA Staff 5am - 3:30pm	Lap Swim YMCA Staff 5am - 3:30pm	Lap Swim YMCA Staff 5am - 3:45pm		
7am		Masters Swim Olivia G 7:30am - 8:30am		Masters Swim Olivia G 7:30am - 8:30am		Lap Swim YMCA Staff 7:30am - 10am	
8am						Swim Team* 3 Lap Lanes Open 8:30am - 10:30am	
10am	Summer Day Camp YMCA Staff 10:45am - 11:45am	Swim Lessons* 5 Lap Lanes Open 10am - 11:30am	Summer Day Camp YMCA Staff 10:45am - 11:45am	Swim Lessons* 5 Lap Lanes Open 10am - 11:30am	Summer Day Camp YMCA Staff 10:45am - 11:45am	Swim Lessons* 3 Lap Lanes Open 10am - 12:30pm	
1pm							Swim Lessons* 5 Lap Lanes Open 1pm - 3pm
2pm	BHS Swim Team 1 Lap Lane Open 2:30pm - 4pm	BHS Swim Team 1 Lap Lane Open 2:30pm - 4pm	BHS Swim Team 1 Lap Lane Open 2:30pm - 4pm	BHS Swim Team 1 Lap Lane Open 2:30pm - 4pm	BHS Swim Team 1 Lap Lane Open 2:30pm - 4pm	Aqua Dance Bea M 2:15pm - 3:15pm	
3pm	Swim Team* 1 Lap Lane Open 3:30pm - 7:15pm	Swim Team* 1 Lap Lane Open 3:30pm - 7pm	Swim Team* 1 Lap Lane Open 3:30pm - 7:15pm	Swim Team* 1 Lap Lane Open 3:30pm - 7pm	Swim Team* 1 Lap Lane Open 3:30pm - 7pm		
4pm	Swim Lessons* 1 Lap Lane Open 4pm - 7pm	Swim Lessons* 1 Lap Lane Open 4pm - 7pm	Swim Lessons* 1 Lap Lane Open 4pm - 7pm	Swim Lessons* 1 Lap Lane Open 4pm - 7pm			
5pm	Aqua Boot Camp 1 Lap Lane Open 5:30pm - 6:30pm		Aqua Boot Camp 1 Lap Lane Open 5:30pm - 6:30pm				
6pm					Deep Water Aerobics 2 Lap Lanes Open 6pm - 7pm		
7pm	Lap Swim YMCA Staff 7:15pm - 9pm	Lap Swim YMCA Staff 7pm - 9pm	Lap Swim YMCA Staff 7:15pm - 9pm	Lap Swim YMCA Staff 7pm - 9pm	Lap Swim YMCA Staff 7pm - 8pm		
8pm					Teen Late Nite YMCA Staff 8:30pm - 11pm		

Please note that all classes are subject to change due to demand and participation. It is recommended that you consult your physician prior to starting any exercise program.

Summer 2 Registration: July 27 - August 3
Summer 2 Session: August 5 - September 1

Lifeguard In-service: August 03 | 5:30-7:30pm
Lifeguard In-service: August 30th | 11:30am-1:30pm

BHS Swim team starts back up August 26th.

Lap Swim

Enjoy swimming for physical fitness. See pool schedules for lap swim times and availability. Lap lane etiquette is posted in pool area.

Masters Swim

For swimmers interested in meeting other swim enthusiasts including lap swimmers, tri-athletes, and competitive swimmers. A coach is on deck ready to assist participants in improving and learning new strokes.

Swim Team*

Engage in competitive swimming with a goal-focused emphasis. Swim team participation promotes sportsmanship, self-esteem, self-discipline, self-improvement, and social interaction. Participants must be at least at the Stroke Mechanics swimming level.

Registered Programming

This area is reserved for registered programming. Please visit our Welcome Center for more information.

Swim Lessons*

Aqua Dance

Cardio fitness and strength conditioning set to lively music from a variety of dance genres while utilizing the pool and deck.

Aqua Boot Camp

High-intensity and low impact to give you a full body workout with cardio and strength training while utilizing the pool and deck.

Deep Water Aerobics

With a focus on core muscles and cardiovascular conditioning, you'll work your whole body in this water class. Flotation belts are available and basic swim skills are recommended.

Teen Late Nite

Teen Late Nite encourages the development of youth in grades 9-12 by providing a safe environment, consistent adult involvement, and fun activities that foster excellence and a positive attitude. Free to any teens in the community. You do not need to be a member to attend so bring your friends!

LATE NITE SCHOLARSHIP

We are committed to investing in the future of teens in our Late Nite program. Our scholarship application is open on a rolling basis. Check out the scholarship application link below to learn more and apply.

[Apply Now](#)