

March Lap Pool Schedule | Bremerton Family YMCA

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	Lap Swim 5am - 2:30pm	Lap Swim 5am - 2:30pm	Lap Swim 5am - 2:30pm	Lap Swim 5am - 2:30pm	Lap Swim 5am - 2:30pm		
7am						Lap Swim YMCA Staff 7:30am - 10am	
8am						Swim Team* 3 Lap Lanes Open 8:30am - 10:30am	
9am					Adaptive Swim YMCA Staff 9:30am - 12pm		
10am		Swim Lessons* YMCA Staff 10am - 11:30am		Swim Lessons* YMCA Staff 10am - 11:30am		Swim Lessons* YMCA Staff 10am - 12:15pm	Lap Swim 9:30am - 5:30pm
11am	Homeschool PE* YMCA Staff 11am - 1pm		Deep Water Aerobics Bea M. 11am - 12pm		Homeschool PE* YMCA Staff 11am - 1pm		
12pm	Lap Swim 1pm - 3:30pm	Lap Swim 11:30am - 3:30pm	Lap Swim 12pm - 3:30pm	Lap Swim 11:30am - 3:30pm	Lap Swim 1pm - 3:30pm		
1pm							Swim Lessons* YMCA Staff 1pm - 2:40pm
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	BKAT 3:30pm - 5:30pm	
4pm	Swim Lessons* YMCA Staff 4pm - 6:30pm	Swim Lessons* YMCA Staff 4pm - 6:30pm	Swim Lessons* YMCA Staff 4pm - 6:30pm	Swim Lessons* YMCA Staff 4pm - 6:30pm			
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 6:30pm - 9pm	BKAT 7:30pm - 8:30pm	Lap Swim 6:30pm - 9pm	BKAT 7:30pm - 8:30pm	Lap Swim 7pm - 8:30pm		
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.

Winter 2 Session: February 24 - March 29

Lap Swim

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

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.

Swim Lessons*

Homeschool PE*

Age appropriate skill development drills teach general fitness, sports, balance, teamwork, and more. Open to all homeschooled children during the school year and included in your YMCA membership.

Third Grade Swim

Participants will learn how to front and back float, jump in and return to the edge of the pool, and to kick on their front and back for ten feet. Participants will also learn how to use a personal floatation device.

BHS Swim Team

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!