

Shorefront YM-YWHA

Effective September 8th, 2015

Pool & Sauna Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Coed Open Swim 8:00AM-7:00PM Swim Academy (2 Lanes) 9:30AM-2:30PM Sunday "Funday" (1 Lane) 2:30PM-4:30PM BRIDGE Swim Program (1 Lane) 3:00PM-4:00PM	Coed Open Swim 7:00AM-11:55AM	Coed Open Swim 7:00AM-11:55AM	Coed Open Swim 7:00AM-11:55AM	Coed Open Swim 7:00AM-11:55AM	Coed Open Swim 7:00AM-11:55AM
		Water Aerobics (2 Lanes) 8:30AM-9:15AM		Water Aerobics (2 Lanes) 8:30AM-9:15AM	
	Ladies Only Swim 12:00PM-1:25PM	Ladies Only Swim 12:00PM-1:25PM	Ladies Only Swim 12:00PM-1:25PM	Ladies Only Swim 12:00PM-1:25PM	Ladies Only Swim 12:00PM-1:25PM
	Coed Open Swim 1:30PM-3:15PM	Coed Open Swim 1:30PM-3:15PM	Coed Open Swim 1:30PM-3:15PM	Coed Open Swim 1:30PM-3:15PM	Coed Open Swim 1:30PM-3: 3:15PM
	Swim Academy & Swim Team (Exclusively) 3:30PM-7:30PM	Swim Academy & Swim Team (Exclusively) 3:30PM-7:30PM	Swim Academy & Swim Team (Exclusively) 3:30PM-7:30PM	Swim Academy & Swim Team (Exclusively) 3:30PM-7:30PM	Swim Academy & Swim Team (Exclusively) 3:30PM-7:30PM
	Coed Open Swim 7:30PM-9:00PM	Coed Open Swim 7:30PM-9:00PM	Coed Open Swim 7:30PM-9:00PM	Coed Open Swim 7:30PM-9:00PM	
	Adult Coed Lap Swim (Ages 18+) 9:00PM-10:00PM	Adult Coed Lap Swim (Ages 18+) 9:00PM-10:00PM	Adult Coed Lap Swim (Ages 18+) 9:00PM-10:00PM	Adult Coed Lap Swim (Ages 18+) 9:00PM-10:00PM	

Pool and sauna rules include but are not limited to:

- Sauna is available during member's hours only.
- Children must be 10 years of age or older to use the sauna and MUST be accompanied by an adult at all times.
- Swim caps are required in the pool at all times.
- Appropriate swim attire is a must. Swimming in underwear is strictly prohibited.
- Showering is required before entering the pool, and before and after using the sauna.
- Children under the age of 12 must be accompanied by an adult at all times.
- Lifeguards on duty will be enforcing all rules.
- Locker Rooms close at 10:30 pm (Monday to Thursday).

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Effective September 8th, 2015

Fitness Room Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Open Coed 8:00AM-7:00PM Children MUST be 13 years of age or older to use Fitness Room.	Open Coed 7:00AM-11:55AM	Open Coed 7:00AM-11:55AM	Open Coed 7:00AM-11:55AM	Open Coed 7:00AM-11:55AM	Open Coed 7:00AM-11:55AM
	Ladies Only 12:00PM-1:25PM	Ladies Only 12:00PM-1:25PM	Ladies Only 12:00PM-1:25PM	Ladies Only 12:00PM-1:25PM	Ladies Only 12:00PM-1:25PM
	Open Coed 1:30PM-9:00PM (13-15 must be accompanied by an adult at all times)	Open Coed 1:30PM-9:00PM (13-15 must be accompanied by an adult at all times)	Open Coed 1:30PM-9:00PM (13-15 must be accompanied by an adult at all times)	Open Coed 1:30PM-9:00PM (13-15 must be accompanied by an adult at all times)	Open Coed 1:30PM-7:30PM (13-15 must be accompanied by an adult at all times)
	Adult Coed (Ages 18+) 9:00PM-10:00PM	Adult Coed (Ages 18+) 9:00PM-10:00PM	Adult Coed (Ages 18+) 9:00PM-10:00PM	Adult Coed (Ages 18+) 9:00PM-10:00PM	

Fitness Center rules include but are not limited to:

- Appropriate sport attire is a must. Please lock up all bags and personal belongings in the locker room.
- All shoes must clean of sand and dirt before entering the Fitness Center.
- Children between the ages of 13-15 must be accompanied by an adult at all times.
- Children ages 12 and under are not allowed in the fitness center.
- **Fitness Center instructors will be enforcing the rules.**
- **Locker Rooms close at 10:30 pm (Monday to Thursday).**