



We build strong kids, strong families, strong communities.

DAILY FAMILY YMCA of BIXBY Fall 2010 POOL SCHEDULE

Effective August 12, 2010

Mon	Tue	Wed	Thu	Fri	Sat	Sun
morning						
5:15-8 am Lap Swim	5:15 am-9 pm Lap Swim	5:15-8 am Lap Swim	5:15 am-9 pm Lap Swim	5:15-8 am Lap Swim	8 am-5:30 pm Lap Swim	
8-9 am Water Aerobics	9:15-10:45 am Water Volleyball	8-9 am Water Aerobics	9:15-10:45 am Water Volleyball	8-9 am Water Aerobics	9:15-10:15 am Aqua Challenge	
9:15-10:15 am Aqua Challenge		9:15-10:15 am Aqua Challenge		9:15-10:15 am Aqua Challenge	11:30 am-1 pm Water Volleyball	
10:30-11:30 am Twinges & Hinges		10:30-11:30 am Twinges & Hinges		10:30-11:30 am Twinges & Hinges		
11:30 am-9 pm Lap Swim		11:30 am-9 pm Lap Swim		11:30 am-9 pm Lap Swim		
afternoon & evening						
4-6 pm Guarded Swim	4-6 pm Guarded Swim	4-6 pm Guarded Swim	4-6 pm Guarded Swim	4-9 pm Guarded Swim	1-5 pm Guarded Swim	1-5:30 pm Lap Swim
6-7 pm Aqua Challenge	6-7 pm Aqua Challenge	6-7 pm Aqua Challenge	6-7 pm Aqua Challenge			2-5 pm Guarded Swim
	7-9 pm Water Volleyball		7-9 pm Water Volleyball			
7-9 pm Guarded Swim	7-9 pm Guarded Swim	7-9 pm Guarded Swim	7-9 pm Guarded Swim			

**CHILDREN UNDER 18 YEARS ARE ALLOWED IN THE POOL ONLY DURING GUARDED SWIM TIME.
CHILDREN UNDER 8 YEARS OF AGE MUST BE ACCOMPANIED BY AN ADULT DURING GUARDED SWIM HOURS.
PLEASE NOTE: If children are not present 30 minutes before closing, the guards will close the pool to children.**

STATE LAW REQUIRES ALL PATRONS MUST SHOWER BEFORE ENTERING POOL OR SPAS!

Lap Swimmers and Water Walkers

The pool opens at 5:15 am weekdays, 8 am on Saturdays, and 1 pm on Sundays. The pool is open to lap swimmers and water walkers at all times except for scheduled aerobics classes Monday, Wednesday, and Friday mornings between the hours of 8-11:30 am. During this time, a designated lap lane is not available.

Lap swimming is always open during water volleyball and evening water aerobics classes.

***Members may use the pool during the times the Swim Team meets.**

Guarded swim times are as follows:

Monday through Thursday - 4-6 pm and 7-9 pm
Saturday - 1 to 5 pm

Friday - 4-9 pm
Sunday - 2 to 5 pm

If lightning is observed in the area, the pool will close until the storm has passed and conditions have appeared to be safe for a minimum of 45 minutes.