



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AQUATICS SCHEDULE-LAP POOL

YMCA OF BRISTOL

Winter 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pool Opens @ 4:45 AM	Pool Opens @ 4:45 AM	Pool Opens @ 4:45 AM	Pool Opens @ 4:45 AM	Pool Opens @ 4:45 AM		
					Pool Opens @ 8:00 AM	
						Pool Opens @ 1:00 PM
	6:00-7:15 PM Swim Lessons (1 Lane Only)		6:00-7:15 PM Swim Lessons (1 Lane Only)			
					Pool Closes @ 5:30 PM	Pool Closes @ 5:30 PM
Pool Closes @ 8:30 PM	Pool Closes @ 8:30PM	Pool Closes @ 8:30PM	Pool Closes @ 8:30 PM	Pool Closes @ 8:30PM		



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AQUATICS SCHEDULE-THERAPY POOL

YMCA OF BRISTOL

Winter 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pool Opens @ 4:45 AM	Pool Opens @ 4:45 AM	Pool Opens @ 4:45 AM	Pool Opens @ 4:45 AM	Pool Opens @ 4:45 AM		
					Pool Opens @ 8:00 AM	
8:30 – 10:00 AM Swim Lessons (Pool Partially Open)	8:30 – 10:00 AM Swim Lessons (Pool Partially Open)	8:30 – 10:00 AM Swim Lessons (Pool Partially Open)	8:30 – 10:00 AM Swim Lessons (Pool Partially Open)	8:30 – 10:00 AM Swim Lessons (Pool Partially Open)		
10:00 – 10:55 AM Water Exercise Suzanne (Pool Closed)	10:00–11:00 AM Balance & Stretch Lynn (Pool Closed)	10:00 – 10:55 AM Water Exercise Trish (Pool Closed)	10:00–11:00 AM Balance & Stretch Lynn (Pool Closed)	10:00 – 10:55 AM Water Exercise Sherri (Pool Closed)		
11:05 AM–12:00 PM Water Exercise Sally (Pool Closed)		11:05 AM–12:00 PM Water Exercise Jeff (Pool Closed)		11:05 AM–12:00 PM Water Exercise Sally (Pool Closed)		Pool Opens @ 1:00 PM
12:00 – 5:30 PM Swim Lessons (Pool Partially Open)		12:00 – 5:30 PM Swim Lessons (Pool Partially Open)				
5:30–6:00 PM Swim Lessons (Pool partially open)		5:30–6:00 PM Swim Lessons (Pool partially open)				
6:00–7:00 PM Water Exercise Sherri (Pool Partially Open)	5:30–7:15 PM Swim Lessons (1 Lane Open for lap swim and water ex.)	6:00–7:00 PM Water Exercise Sherri (Pool Partially Open)	5:30–7:15 PM Swim Lessons (1 Lane Open for lap swim and water ex.)		Pool Closes @ 5:30 PM	Pool Closes @ 5:30 PM
Pool Closes @ 8:30 PM	Pool Closes @ 8:30 PM	Pool Closes @ 8:30 PM	Pool Closes @ 8:30 PM	Pool Closes @ 8:30 PM		