


Foundation for Youth Pool Schedule Effective September 1, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:30	Lap Swim 5:30-7:50 AM	Lap Swim 5:30-7:50 AM	Lap Swim 5:30-7:50 AM	Lap Swim 5:30-7:50 AM	Lap Swim 5:30-7:50 AM			
6:00								
6:30								
7:00								
7:30	Guard Break 7:50-8:00 AM	Guard Break 7:50-8:15 AM	Guard Break 7:50-8:00 AM	Guard Break 7:50-8:15 AM	Guard Break 7:50-8:00 AM	Lap Swim 7:15-8:30 AM		
8:00	Dotty's Workout 8:00-9:00 AM		Dotty's Workout 8:00-9:00 AM		Dotty's Workout 8:00-9:00 AM			
8:30	Senior Swim 8:15-10:00 AM	Senior Swim 8:15-10:00 AM	Senior Swim 8:15-10:00 AM	Senior Swim 8:15-10:00 AM	Water Workout 9:00-10:00 AM	Water Workout 8:30-10:00 AM		
9:00								Water Workout 9:00-10:00 AM
9:30	Guard Break 10-10:30 AM	Guard Break 10-10:30 AM	Guard Break 10-10:30 AM	Guard Break 10-10:30 AM	Guard Break 10-10:30 AM	Guard Break 10-10:30 AM		
10:00	Lap Swim 10:30-12:45 PM	Lap Swim 10:30-12:45 PM	Lap Swim 10:30-12:45 PM	Lap Swim 10:30-12:45 PM	Lap Swim 10:30-12:45 PM	Lap Swim 10:30-12:30 PM		
10:15								
10:30								
11:00								
11:30								
12:00	Guard Break 12:45-1:15 PM	Guard Break 12:45-1:15 PM	Guard Break 12:45-1:15 PM	Guard Break 12:45-1:15 PM	Guard Break 12:45-1:15 PM	Public Swim 12:30-2:00 PM		Lap Swim 12:30 -2:30 PM
12:30								
1:00								
1:30								
2:00								
2:15	Water Workout 1:15-3:30 PM	Public Swim 1:15-3:30 PM	Water Workout 1:15-3:30 PM	Public Swim 1:15-3:30 PM	Swim Instruction 1:15 to 3:30 PM		Public Swim 2:30-4:30 PM	
2:30								
3:00								
3:30								
3:30	Guard Break 3:30-4:00 PM	Guard Break 3:30-4:00 PM	Guard Break 3:30-4:00 PM	Guard Break 3:30-4:00 PM	Guard Break 3:30-4:00 PM			
4:00	BGC Club Swim 4:00-5:00 PM	BGC Club Swim 4:00-5:00 PM	BGC Club Swim 4:00-5:00 PM	BGC Club Swim 4:00-5:00 PM	BGC Club Swim 4:00-5:00 PM			
4:30	Lap Swim 5:00-6:15 PM	Lap Swim 5:00-8:00 PM	Lap Swim 5:00-8:00 PM	Youth Swim Instruction 5:30-7:15 PM	Lap Swim 5:00-6:30 PM			
5:00								
5:30								
6:00				Master Swim All Levels 6:15-7:45PM			Lap Swim 7:15-8:00 PM	
6:30								
7:00								
7:30								



Private Events		
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ADULT MEMBER PASSES (18 & UP)

40 Visits - \$120 (\$3.00 Each)
30 Visits - \$105 (\$3.50 Each)
20 Visits - \$80 (\$4.00 Each)
10 Visits - \$45 (\$4.50 Each)
Adult Single Visit - \$7.00
Senior (50+) Single Visit - \$5.00

YOUTH MEMBER PASSES (18 & UNDER)

15 Visits - \$52.50 (\$3.50 Each)
Youth Single Visit - \$5.00
Toddlers (2 & Under) - FREE

DESCRIPTION OF POOL ACTIVITIES

Dotty's Workout - Aqua Aerobics Class (2 lane lines)

Lap Swim - 5 Lanes Available

Master's Swim - Group Workout - All Swim Levels Welcome (Good Triathlon Prep)

Public Swim - All Ages Open Swim (No Lane Lines - Ages 2 & Under Free)

Senior Swim - Ages 50+ (2 Lane Lines)

Water Workout - Self-Led Aerobics, Water Walk, or Physical Therapy (2 lane lines)

