

**Sculpting Water**  
**Mon:** 9-10am &  
 6:45-7:30pm  
**Tues:** 9-10am  
**Wed:** 6:45-7:30pm  
**Thurs:** 9-10am &  
 6:45-7:30pm  
**Fri:** 9-10am

**Streamline**  
**Tues & Fri**  
 5:30-6:30am

**Silver Splash**  
 Mon: 10:30-11:30am

**Aquacise**  
**Tue-Fri:**  
 10:30-11:30am

**Deep Water**  
**Tues & Thurs**  
 8-8:45am

**AFYAP**  
**Mon-Wed-Fri**  
 11:30-12pm

**Aqua Tabata**  
**Mon & Wed**  
 4:30-5:10pm  
**Tues & Thurs**  
 8:20-9am

**Aqua Fit**  
**Sat:** 8:30-9:30a

For class descriptions  
 please see  
**FITNESS  
 SCHEDULE**

		5:00AM	6:00AM	7:00AM	8:00AM	9:00AM	10:00AM	11:00AM	NOON	1:00PM	2:00PM	3:00PM	4:00PM	5:00PM	6:00PM	7:00PM	8:00PM	9:00PM							
<b>Monday</b>	Lane 1	Swim Team						Silver Splash 10:30AM-11:30AM	Rec Swim 12PM-4:00PM				Swim Team 4:00PM-5:15PM (4 Lanes)		Swim Team 6:15PM-6:45PM (4 lanes)		Rec Swim 6:45PM-8:30PM								
	Lane 2	5:30AM-7:00AM																							
	Lane 3	Lap Swim 5AM-10:30AM																							
	Lane 4																								
	Lane 5																								
	Lane 6	Water Walking 5AM-10:30AM																							
	Lane 7																								
	Lane 8																								
<b>Tuesday</b>	Lane 1	Streamline 5:30AM-6:30AM	Lap Swim/Water Walk 6:30AM-8:45AM		Deep Water 8-8:45am						Rec Swim 12PM-4:00PM				HS Swim Team 4:00PM-5:15PM (4 Lanes)		Swim Team 6:15PM-6:45PM (4 lanes)								
	Lane 2																								
	Lane 3																								
	Lane 4																								
	Lane 5																								
	Lane 6	Lap Swim/Water Walk 5AM-8AM																							
	Lane 7																								
	Lane 8																								
<b>Wednesday</b>	Lane 1	Swim Team						Aquacise 10:30AM-11:30AM	Rec Swim 12PM-4:00PM				HS Swim Team 4:00PM-5:15PM (4 Lanes)		Swim Team 6:15PM-6:45PM (4 lanes)		Rec Swim 6:45PM-8:30PM								
	Lane 2	5:30AM-7:00AM																							
	Lane 3	Lap Swim/Water Walk 5AM-10:30AM																							
	Lane 4																								
	Lane 5																								
	Lane 6																								
	Lane 7																								
	Lane 8																								
<b>Thursday</b>	Lane 1	Lap Swim/Water Walk 5AM-8AM			Deep Water 8-8:45AM		Lap Swim Water Walk 9:00-10:30AM		Aquacise 10:30AM-11:30AM	Rec Swim 12PM-4:00PM				HS Swim Team 4:00PM-5:15PM (4 Lanes)		Swim Team 6:15PM-6:45PM (4 lanes)		Rec Swim 6:45PM-8:30PM							
	Lane 2																								
	Lane 3																								
	Lane 4																								
	Lane 5																								
	Lane 6	Lap Swim/Water Walk 5:00-8:20AM																							
	Lane 7																								
	Lane 8																								
<b>Friday</b>	Lane 1	Streamline 5:30AM-6:30AM	Lap Swim/Water Walk 6:30AM-10:30AM					Aquacise 10:30AM-11:30AM	Rec Swim 12PM-4:00PM				HS Swim Team 4:00PM-5:15PM (4 Lanes)		Swim Team 6:15pm-6:45pm (4 lanes)		Rec Swim 6:45PM - 8:30PM								
	Lane 2																								
	Lane 3																								
	Lane 4																								
	Lane 5	Swim Team																							
	Lane 6	5:30AM-7:00AM																							
	Lane 7	Lap Swim/Water Walk 5-9AM																							
	Lane 8																								
<b>Saturday</b>	Lane 1	OPEN AT 7AM				Lap Swim/Water Walk 7AM-11AM			Special Olympics 11AM-12PM	Rec Swim 12PM-5PM				CLOSED AT 5PM											
	Lane 2																								
	Lane 3																								
	Lane 4																								
	Lane 5																								
	Lane 6	Aqua Fit 8:30AM-9:30AM			Lap Swim Water Walk 10AM-11AM																				
	Lane 7																								
	Lane 8																								
<b>Sunday</b>	Lane 1	OPEN AT NOON								Rec Swim 12PM-5PM				CLOSED AT 5PM											
	Lane 2																								
	Lane 3																								
	Lane 4																								
	Lane 5																								
	Lane 6																								
	Lane 7																								
	Lane 8																								

**\*Lane 5 is a  
 dedicated  
 Lap Swim  
 Lane  
 (unless  
 otherwise  
 marked)**

**\*18th St.  
 Therapy  
 Pool Hours:**

**Mon 1-3pm  
 Tues 9-11am  
 Wed 9-11am &  
 4-6pm  
 Thurs 9-11am  
 Fri 1-3pm**



### 18th St. Therapy Pool Hours:

- Monday 1-3pm
- Tuesday 9-11am
- Wednesday 9-11am & 4-6pm
- Thursday 9-11am
- Friday 1-3pm

#### 18th Street Therapy Pool Rules:

- Pool is only open a limited number of hours
- All participants must be using the water for therapeutic purposes ONLY
- NO recreational swim is allowed
- Lifeguard has authority to ask participants to leave if not using pool for therapy

#### Recreational Swim Time at 16th Street:

- During Rec Swim, 4 lanes will be open for use. Please be courteous of the Lap Swimmers and stay in the Rec Swim area. Diving board will be open at the discretion of the Lifeguard.
- Please only use the equipment dedicated for Rec Swim, all other equipment is for Fitness classes and patrons wanting to exercise.

Private Swim Lessons are available year round. If interested please ask the front desk for a registration form to get signed up.

Jump in and JOIN us today!!



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Aquatics Pool Schedule Jan-Feb 2018 Hastings Family YMCA

