

Sculpting Water
Mon: 9-10am & 5:45-6:30pm
Tues: 9-10am
Wed: 5:45-6:30pm
Thurs: 9-10am & 5:45-6:30pm
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: 8:30-9:30am

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					
Monday	Lane 1	Lap Swim 5AM-10:30AM						Silver Splash 10:30AM-11:30AM	Rec Swim 12PM-4PM					HYAC 4:30PM-6:30PM (4 Lanes)			Rec Swim 6:30PM-8:30PM						
	Lane 2																						
	Lane 3																						
	Lane 4																						
	Lane 5	Water Walking 5AM-10:30AM						Lap Swim	Lap Swim/Water Walking 12PM-4:30PM					Aqua Tabata 4:30PM-5:10PM		Sculpting Water 5:45PM-6:30PM		Lap Swim/Water Walk 5:30PM-9PM					
	Lane 6																						
	Lane 7																						
	Lane 8																						
Tuesday	Lane 1	Streamline 5:30AM-6:30AM	Lap Swim/Water Walk 6:30AM-10:30AM						Aquacise 10:30AM-11:30AM	Rec Swim 12PM-4PM					HYAC 4:30PM-6:30PM (4 Lanes)			Rec Swim 6:30PM-8:00PM		Special Olympics Practice 8-9PM			
	Lane 2																						
	Lane 3																						
	Lane 4																						
	Lane 5	Lap Swim/Water Walk 5AM-8AM						Lap Swim	Lap Swim/Water Walk 12PM-8PM														
	Lane 6																						
	Lane 7																						
	Lane 8																						
Wednesday	Lane 1	Lap Swim/Water Walk 5AM-10:30AM						Aquacise 10:30AM-11:30AM	Rec Swim 12PM-4PM					HYAC 4:30PM-6:30PM (4 Lanes)			Rec Swim 6:30PM-8:30PM						
	Lane 2																						
	Lane 3																						
	Lane 4																						
	Lane 5	Lap Swim/Water Walk 5AM-8AM						Lap Swim	Lap Swim/Water Walking 12PM-4:30PM					Aqua Tabata 4:30PM-5:10PM		Sculpting Water 5:45PM-6:30PM		LapSwim/Water Walk 5:30PM-9PM					
	Lane 6																						
	Lane 7																						
	Lane 8																						
Thursday	Lane 1	Lap Swim/Water Walk 5AM-10:30AM						Aquacise 10:30AM-11:30AM	Rec Swim 12PM-4PM					HYAC 4:30PM-6:30PM (4 Lanes)			Rec Swim 6:30PM-8:30PM						
	Lane 2																						
	Lane 3																						
	Lane 4																						
	Lane 5	Lap Swim/Water Walk 5AM-8AM						Lap Swim	Lap Swim/Water Walk 12PM-7PM					Sculpting Water 5:45PM-6:30PM		Lap Swim/Water Walk 5:30PM-9PM							
	Lane 6																						
	Lane 7																						
	Lane 8																						
Friday	Lane 1	Streamline 5:30AM-6:30AM	Lap Swim/Water Walk 6:30AM-10:30AM						Aquacise 10:30AM-11:30AM	Rec Swim 12PM-4PM					HYAC 4:30PM-6:30PM (4 Lanes)			Rec Swim 6:30PM-8:30PM					
	Lane 2																						
	Lane 3																						
	Lane 4																						
	Lane 5	Lap Swim/Water Walk 5AM-9AM						Lap Swim	Lap Swim/Water Walking 12PM-9PM														
	Lane 6																						
	Lane 7																						
	Lane 8																						
Saturday	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	OPEN AT 7AM		Lap Swim/Water Walk 8:30AM-9:30AM						Special Olympics 11AM-12PM	Lap Swim/Water Walk 12PM-5PM					CLOSED AT 5PM							
	Lane 6																						
	Lane 7																						
	Lane 8																						
Sunday	Lane 1	OPEN AT NOON								Rec Swim 12PM-5PM					CLOSED AT 5PM								
	Lane 2																						
	Lane 3																						
	Lane 4																						
	Lane 5	OPEN AT NOON								Lap Swim/Water Walking 12PM-5PM					CLOSED AT 5PM								
	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:

- 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 Fall 2017 Hastings Family YMCA

