

July 26th, 2024 - September 1st, 2024

Pool Activities		5:00 AM	6:00 AM	7:00 AM	8:00 AM	9:00 AM	10:00 AM	11:00 AM	12:00 PM	1:00 PM	2:00 PM	3:00 PM	4:00 PM	5:00 PM	6:00 PM	7:00 PM	8:00 PM	9:00 PM	
Deep Water Tue/Thu 8am-9am Sculpting Water Mon/Wed 6:00-6:45pm Mon/Wed/Fri 9:05am-10am Aquacise M/W/F 10:30-11:25am Streamline Tues 5:30-6:15 am Aqua Tabata Mon/Wed 5:15-5:55pm Mon/Wed/Fri 8:10-9:00am Aqua Fit Saturdays 8:30-9:30am AFYAP M/W/F: 11:30a-12p REC SWIM MON/WED/FRI 12pm-8:45pm TUES/THURS 12-5pm & 7-8:45pm SAT/SUN: 12pm-6:45pm <small>During busy lap swim times, you may be asked to share a lane.</small> <small>*Swimwear is required for ALL swim activities</small> <small>**The pool ramp area is not for children to play/swim except during swim lesson programming when applicable.</small> <small>For aqua class descriptions, please see FITNESS SCHEDULE</small>	Monday	Lane 1	LAP SWIM				Group Lessons 9AM-11AM <small>Session scheduled 07/29-08/08 Lap Swim use when lessons not in session)</small>		LAP SWIM	REC SWIM 12:00PM-8:45PM									
		Lane 2	LAP SWIM						LAP SWIM	Lap Swim									
		Lane 3	LAP SWIM						LAP SWIM	Lap Swim									
		Lane 4	LAP SWIM						LAP SWIM	Lap Swim									
	Lane 5	EXERCISE/WATER WALKING				Aqua Tabata 8:10AM-9:00AM	EXERCISE/WATER WALKING		Aquacise 10:30AM-11:25AM	AFYAP 11:30AM-12PM	EXERCISE/Lap Swim/WATER WALKING				Aqua Tabata 5:15PM-5:55PM	Sculpting Water 6PM-6:45PM	EXERCISE/Lap Swim/WATER WALKING		
	Lane 6	EXERCISE/WATER WALKING				Aqua Tabata 8:10AM-9:00AM	EXERCISE/WATER WALKING		Aquacise 10:30AM-11:25AM	AFYAP 11:30AM-12PM	EXERCISE/Lap Swim/WATER WALKING				Aqua Tabata 5:15PM-5:55PM	Sculpting Water 6PM-6:45PM	EXERCISE/Lap Swim/WATER WALKING		
	Lane 7	EXERCISE/WATER WALKING				Aqua Tabata 8:10AM-9:00AM	EXERCISE/WATER WALKING		Aquacise 10:30AM-11:25AM	AFYAP 11:30AM-12PM	EXERCISE/Lap Swim/WATER WALKING				Aqua Tabata 5:15PM-5:55PM	Sculpting Water 6PM-6:45PM	EXERCISE/Lap Swim/WATER WALKING		
	Lane 8	EXERCISE/WATER WALKING				Aqua Tabata 8:10AM-9:00AM	EXERCISE/WATER WALKING		Aquacise 10:30AM-11:25AM	AFYAP 11:30AM-12PM	EXERCISE/Lap Swim/WATER WALKING				Aqua Tabata 5:15PM-5:55PM	Sculpting Water 6PM-6:45PM	EXERCISE/Lap Swim/WATER WALKING		
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		Lane 2	LAP SWIM						LAP SWIM	REC SWIM 12:00PM-5:00PM				Group Lessons 5PM-7PM <small>Session: 08/13-09/05 (Rec Swim use group lessons not in session)</small>		REC SWIM 7PM-8:45PM			
		Lane 3	LAP SWIM						LAP SWIM	REC SWIM 12:00PM-5:00PM				Group Lessons 5PM-7PM <small>Session: 08/13-09/05 (Rec Swim use group lessons not in session)</small>		REC SWIM 7PM-8:45PM			
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	Lane 5	EXERCISE/WATER WALKING				Deep Water 8-9AM	Sculpting Water 9:05-10AM				EXERCISE/Lap Swim/WATER WALKING								
	Lane 6	EXERCISE/WATER WALKING				Deep Water 8-9AM	Sculpting Water 9:05-10AM				EXERCISE/Lap Swim/WATER WALKING								
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		Lane 2	LAP SWIM						LAP SWIM	REC SWIM 12PM-6:45PM									
		Lane 3	LAP SWIM						LAP SWIM	LAP SWIM (lane subject to closure depending on rec swim ratios)									
		Lane 4	LAP SWIM						LAP SWIM	LAP SWIM (lane subject to closure depending on rec swim ratios)									
	Lane 5	OPEN AT 7AM								EXERCISE/Lap Swim /WATER WALKING				AQUATICS CENTER CLOSED AT 7 PM (including all spa areas)					
	Lane 6	EXERCISE/WATER WALKING				Aqua Fit 8:30AM-9:30AM			EXERCISE/Lap Swim /WATER WALKING										
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		Lane 3	LAP SWIM						LAP SWIM	LAP SWIM (lane subject to closure depending on rec swim ratios)									
		Lane 4	LAP SWIM						LAP SWIM	LAP SWIM (lane subject to closure depending on rec swim ratios)									
	Lane 5	OPEN AT NOON								EXERCISE/Lap Swim /WATER WALKING				AQUATICS CENTER CLOSED AT 7 PM (including all spa areas)					
	Lane 6	OPEN AT NOON								EXERCISE/Lap Swim /WATER WALKING									
	Lane 7	OPEN AT NOON								EXERCISE/Lap Swim /WATER WALKING									
	Lane 8	OPEN AT NOON								EXERCISE/Lap Swim /WATER WALKING									

Revised 07/23/2024

Subject to change at any time. Special events and closures will not be reflected on this form. Please see the "pool closures" on the website, or speak to a YMCA staff member.