

June 17th, 2024 - July 20th, 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	Monday	Lane 1	LAP SWIM			Group Lessons 9:30AM-11AM			REC SWIM 12:00PM-5:00PM					HYAC - Swim Team 5:00PM-7:00PM		REC SWIM 8PM-9PM				
		Lane 2	LAP SWIM			Group Lessons 9:30AM-11AM			REC SWIM 12:00PM-5:00PM					HYAC - Swim Team 5:00PM-7:00PM		REC SWIM 8PM-9PM				
Sculpting Water Mon/Wed 6:00-6:45pm	Monday	Lane 3	LAP SWIM			Group Lessons 9:30AM-11AM			REC SWIM 12:00PM-5:00PM					HYAC - Swim Team 5:00PM-7:00PM		Lap Swim				
		Lane 4	LAP SWIM			Group Lessons 9:30AM-11AM			REC SWIM 12:00PM-5:00PM					HYAC - Swim Team 5:00PM-7:00PM		Lap Swim				
Mon/Wed/Fri 9:05am-10am	Tuesday	Lane 5	EXERCISE/WATER WALKING			Aqua Tabata 8:20AM-9:10AM	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 8:20AM-9:10AM	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		
Streamline Tues 5:30-6:15 am	Tuesday	Lane 7	EXERCISE/WATER WALKING			Deep Water 8-9AM	Sculpting Water 9:05-10AM		EXERCISE/Lap Swim/WATER WALKING					Group Lessons 5:30PM-7PM		EXERCISE/Lap Swim/WATER WALKING				
		Lane 8	EXERCISE/WATER WALKING			Deep Water 8-9AM	Sculpting Water 9:05-10AM		EXERCISE/Lap Swim/WATER WALKING					Group Lessons 5:30PM-7PM		EXERCISE/Lap Swim/WATER WALKING				
Aqua Tabata Mon/Wed 5:15-5:55pm	Wednesday	Lane 1	LAP SWIM			Group Lessons 9:30AM-11AM			REC SWIM 12:00PM-5:00PM					HYAC - Swim Team 5:00PM-7:00PM		REC SWIM 8PM-9PM				
		Lane 2	LAP SWIM			Group Lessons 9:30AM-11AM			REC SWIM 12:00PM-5:00PM					HYAC - Swim Team 5:00PM-7:00PM		REC SWIM 8PM-9PM				
Mon/Wed/Fri 8:20-9:10am	Wednesday	Lane 3	LAP SWIM			Group Lessons 9:30AM-11AM			REC SWIM 12:00PM-5:00PM					HYAC - Swim Team 5:00PM-7:00PM		Lap Swim				
		Lane 4	LAP SWIM			Group Lessons 9:30AM-11AM			REC SWIM 12:00PM-5:00PM					HYAC - Swim Team 5:00PM-7:00PM		Lap Swim				
Aqua Fit Saturdays 8:30-9:30am	Thursday	Lane 5	EXERCISE/WATER WALKING			Deep Water 8-9AM	Sculpting Water 9:05-10AM		EXERCISE/Lap Swim/WATER WALKING					Group Lessons 5:30PM-7PM		EXERCISE/Lap Swim/WATER WALKING				
		Lane 6	EXERCISE/WATER WALKING			Deep Water 8-9AM	Sculpting Water 9:05-10AM		EXERCISE/Lap Swim/WATER WALKING					Group Lessons 5:30PM-7PM		EXERCISE/Lap Swim/WATER WALKING				
AFYAP M/W/F: 11:30a-12p	Thursday	Lane 7	EXERCISE/WATER WALKING			Deep Water 8-9AM	Sculpting Water 9:05-10AM		EXERCISE/Lap Swim/WATER WALKING					Group Lessons 5:30PM-7PM		EXERCISE/Lap Swim/WATER WALKING				
		Lane 8	EXERCISE/WATER WALKING			Deep Water 8-9AM	Sculpting Water 9:05-10AM		EXERCISE/Lap Swim/WATER WALKING					Group Lessons 5:30PM-7PM		EXERCISE/Lap Swim/WATER WALKING				
REC SWIM WEEKDAYS: 12-5:15pm Mon-Thurs (12-9pm Fri) & 7pm-9pm Mon/Wed/Thu/Fri	Friday	Lane 1	LAP SWIM			LAP SWIM			REC SWIM 12:00PM-5:00PM					HYAC - Swim Team 5:00PM-7:00PM		REC SWIM 8PM-9PM				
		Lane 2	LAP SWIM			LAP SWIM			REC SWIM 12:00PM-5:00PM					HYAC - Swim Team 5:00PM-7:00PM		REC SWIM 8PM-9PM				
SAT/SUN: 12pm-7pm	Friday	Lane 3	LAP SWIM			LAP SWIM			REC SWIM 12:00PM-5:00PM					HYAC - Swim Team 5:00PM-7:00PM		Lap Swim				
		Lane 4	LAP SWIM			LAP SWIM			REC SWIM 12:00PM-5:00PM					HYAC - Swim Team 5:00PM-7:00PM		Lap Swim				
Lap swim changes through the year according to the pool activities. During busy times, you may be asked to share a lane. Please check schedule	Saturday	Lane 5	EXERCISE/WATER WALKING			Aqua Tabata 8:20AM-9:10AM	EXERCISE/WATER WALKING		AFYAP 11:30AM-12PM	EXERCISE/Lap Swim/WATER WALKING							CLOSED AT 7 PM			
		Lane 6	EXERCISE/WATER WALKING			Aqua Tabata 8:20AM-9:10AM	EXERCISE/WATER WALKING		AFYAP 11:30AM-12PM	EXERCISE/Lap Swim/WATER WALKING										
*Swimwear is required for ALL swim activities	Saturday	Lane 7	EXERCISE/WATER WALKING			Aqua Tabata 8:20AM-9:10AM	EXERCISE/WATER WALKING		AFYAP 11:30AM-12PM	EXERCISE/Lap Swim/WATER WALKING							CLOSED AT 7 PM			
		Lane 8	EXERCISE/WATER WALKING			Aqua Tabata 8:20AM-9:10AM	EXERCISE/WATER WALKING		AFYAP 11:30AM-12PM	EXERCISE/Lap Swim/WATER WALKING										
**The pool schedule is subject to change at any time.	Sunday	Lane 1	LAP SWIM			LAP SWIM			REC SWIM 12PM-7PM							CLOSED AT 7 PM				
		Lane 2	LAP SWIM			LAP SWIM			REC SWIM 12PM-7PM											
For aqua class descriptions, please see FITNESS SCHEDULE	Sunday	Lane 3	LAP SWIM			LAP SWIM			REC SWIM 12PM-7PM							CLOSED AT 7 PM				
		Lane 4	LAP SWIM			LAP SWIM			REC SWIM 12PM-7PM											
		Lane 5	EXERCISE/WATER WALKING			Aqua Fit 8:30AM-9:30AM	EXERCISE/WATER WALKING		EXERCISE/Lap Swim /WATER WALKING											
		Lane 6	EXERCISE/WATER WALKING			Aqua Fit 8:30AM-9:30AM	EXERCISE/WATER WALKING		EXERCISE/Lap Swim /WATER WALKING											
		Lane 7	EXERCISE/WATER WALKING			Aqua Fit 8:30AM-9:30AM	EXERCISE/WATER WALKING		EXERCISE/Lap Swim /WATER WALKING											
		Lane 8	EXERCISE/WATER WALKING			Aqua Fit 8:30AM-9:30AM	EXERCISE/WATER WALKING		EXERCISE/Lap Swim /WATER WALKING											

Revised 06/13/2024

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.