

March 16th, 2025 - May 4th, 2025

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 Aquacise M/W/F 10:30-11:25am AFYAP M/W/F 11:30am-12pm Streamline Tues 5:30-6:15 am Aqua Fit Saturdays 8:30-9:30am Aqua Tabata Mon/Wed 5:15-5:55pm Mon/Wed/Fri 8:10-9:00am	Monday	Lane 1	LAP SWIM						REC SWIM 12:00PM-5:30PM <small>(kids 7 and under must have a parent in water with them during rec swim)</small>					Group Swim Lessons 5:30-7pm	REC SWIM 7:00-8:45PM			
		Lane 2	LAP SWIM						Lap Swim									
		Lane 3	LAP SWIM						Lap Swim									
		Lane 4	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		
REC SWIM MON > 12:00-5:30pm & 7:00-8:45pm TUES > 12:00-8:00pm W/TH/FRI > 12pm-8:45pm SAT/SUN: 12pm-6:45pm Rec swim hours change throughout the year based on current pool events/programs and availability. Please always refer to most current schedule for Rec Swim times.	Tuesday	Lane 1	Streamline 5:30-6:15am	LAP SWIM				Tiny Tots Swim* 10-11AM <small>*(kids 0-5 w/parent)</small>	REC SWIM 12:00PM-8:00PM <small>(kids 7 and under must have a parent in water with them during rec swim)</small>					Lap Swim				
		Lane 2	LAP SWIM				Lap Swim											
		Lane 3	LAP SWIM				Lap Swim											
		Lane 4	LAP SWIM				Lap Swim											
	Lane 5	EXERCISE/WATER WALKING		Deep Water 8-9AM	EXERCISE/Lap Swim/WATER WALKING					Group Swim Lessons 5:30-7:00pm		Exercise/Lap Swim/Water Walking		Special Olympics 8PM-9PM <small>(no practice 04/15)</small>				
	Lane 6	EXERCISE/WATER WALKING		Deep Water 8-9AM	EXERCISE/Lap Swim/WATER WALKING					Group Swim Lessons 5:30-7:00pm		Exercise/Lap Swim/Water Walking		Special Olympics 8PM-9PM <small>(no practice 04/15)</small>				
	Lane 7	EXERCISE/WATER WALKING		Deep Water 8-9AM	EXERCISE/Lap Swim/WATER WALKING					Group Swim Lessons 5:30-7:00pm		Exercise/Lap Swim/Water Walking		Special Olympics 8PM-9PM <small>(no practice 04/15)</small>				
	Lane 8	EXERCISE/WATER WALKING		Deep Water 8-9AM	EXERCISE/Lap Swim/WATER WALKING					Group Swim Lessons 5:30-7:00pm		Exercise/Lap Swim/Water Walking		Special Olympics 8PM-9PM <small>(no practice 04/15)</small>				
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		Lane 2	LAP SWIM						Lap Swim									
		Lane 3	LAP SWIM						Lap Swim									
		Lane 4	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		
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		Lane 2	LAP SWIM				Lap Swim											
		Lane 3	LAP SWIM				Lap Swim											
		Lane 4	LAP SWIM				Lap Swim											
	Lane 5	EXERCISE/WATER WALKING		Deep Water 8-9AM	EXERCISE/Lap Swim/WATER WALKING					Group Swim Lessons 5:30-7:00pm		EXERCISE/Lap Swim/WATER WALKING						
	Lane 6	EXERCISE/WATER WALKING		Deep Water 8-9AM	EXERCISE/Lap Swim/WATER WALKING					Group Swim Lessons 5:30-7:00pm		EXERCISE/Lap Swim/WATER WALKING						
	Lane 7	EXERCISE/WATER WALKING		Deep Water 8-9AM	EXERCISE/Lap Swim/WATER WALKING					Group Swim Lessons 5:30-7:00pm		EXERCISE/Lap Swim/WATER WALKING						
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		Lane 2	LAP SWIM						Lap Swim									
		Lane 3	LAP SWIM						Lap Swim									
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*The pool ramp area is not for children to play/swim except during swim lesson programming when applicable. *During busy lap swim times, you may be asked to share a lane. *Swimwear is required for ALL swim activities For aqua class descriptions, please see FITNESS SCHEDULE	Saturday	Lane 1	OPEN AT 7AM		LAP SWIM			Special Olympics (no practice 04/19)	REC SWIM 12PM-6:45PM <small>(kids 7 and under must have a parent in water with them during rec swim)</small>					AQUATICS CENTER CLOSED AT 7 PM (including all spa areas)				
		Lane 2	OPEN AT 7AM		LAP SWIM			Special Olympics (no practice 04/19)	LAP SWIM (lane subject to closure depending on rec swim ratios)									
		Lane 3	OPEN AT 7AM		LAP SWIM			Special Olympics (no practice 04/19)	LAP SWIM (lane subject to closure depending on rec swim ratios)									
		Lane 4	OPEN AT 7AM		LAP SWIM			Special Olympics (no practice 04/19)	LAP SWIM (lane subject to closure depending on rec swim ratios)									
	Lane 5	OPEN AT 7AM		EXERCISE/ WATER WALKING	Aqua Fit 8:30AM-9:30AM	EXERCISE/WATER WALKING		Uses entire pool 11am-12pm	EXERCISE/Lap Swim /WATER WALKING									
	Lane 6	OPEN AT 7AM		EXERCISE/ WATER WALKING	Aqua Fit 8:30AM-9:30AM	EXERCISE/WATER WALKING		Uses entire pool 11am-12pm	EXERCISE/Lap Swim /WATER WALKING									
	Lane 7	OPEN AT 7AM		EXERCISE/ WATER WALKING	Aqua Fit 8:30AM-9:30AM	EXERCISE/WATER WALKING		Uses entire pool 11am-12pm	EXERCISE/Lap Swim /WATER WALKING									
	Lane 8	OPEN AT 7AM		EXERCISE/ WATER WALKING	Aqua Fit 8:30AM-9:30AM	EXERCISE/WATER WALKING		Uses entire pool 11am-12pm	EXERCISE/Lap Swim /WATER WALKING									
*Swimwear is required for ALL swim activities For aqua class descriptions, please see FITNESS SCHEDULE	Sunday	Lane 1	OPEN AT NOON						REC SWIM 12PM-6:45PM <small>(kids 7 and under must have a parent in water with them during rec swim)</small>					AQUATICS CENTER CLOSED AT 7 PM (including all spa areas)				
		Lane 2	OPEN AT NOON						LAP SWIM (lane subject to closure depending on rec swim ratios)									
		Lane 3	OPEN AT NOON						LAP SWIM (lane subject to closure depending on rec swim ratios)									
		Lane 4	OPEN AT NOON						LAP SWIM (lane subject to closure depending on rec swim ratios)									
	Lane 5	OPEN AT NOON						EXERCISE/Lap Swim /WATER WALKING										
	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										

03/14/2025

****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.****