

November 18th, 2024 - February 26th, 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 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-FRI > 12pm-4pm M/W/Th/F > 8-8:45pm SAT/SUN: 12pm-6:45pm During busy lap swim times, you may be asked to share a lane. *Swimwear is required for ALL swim activities **The pool ramp area is not for children to play/swim except during swim lesson programming when applicable. For aqua class descriptions, please see FITNESS SCHEDULE	Monday	Lane 1	HHS Swim Team 5:30am-7:00am		LAP SWIM				REC SWIM 12:00PM-4:00PM <small>(kids 7 and under must have a parent in water with them during rec swim)</small>				HHS Swim Team 4:00-6:00PM		HYAC Swim Team 6:00-8:00PM		REC SWIM 8:00-8:45PM					
		Lane 2							Lap Swim								Lap Swim					
		Lane 3																				
		Lane 4	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																				
		Lane 7																				
		Lane 8																				
	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-4:00PM <small>(kids 7 and under must have a parent in water with them during rec swim)</small>				HHS Swim Team 4:00-6:00PM		HYAC Swim Team 6:00-8:00PM		Lap Swim			
		Lane 2																				
		Lane 3																				
		Lane 4	LAP SWIM																			
		Lane 5	EXERCISE/WATER WALKING		Deep Water 8-9AM		Sculpting Water 9:05-10AM		EXERCISE/Lap Swim/WATER WALKING						EXERCISE/Lap Swimming/WATER WALKING				Special Olympics 8PM-9PM <small>(no practice 12/24-01/14)</small>			
		Lane 6																				
		Lane 7																				
		Lane 8																				
	Wednesday	Lane 1	HHS Swim Team 5:30am-7:00am		LAP SWIM				REC SWIM 12:00PM-4:00PM <small>(kids 7 and under must have a parent in water with them during rec swim)</small>				HHS Swim Team 4:00-6:00PM		HYAC Swim Team 6:00-8:00PM		REC SWIM 8:00-8:45PM					
		Lane 2							Lap Swim								Lap Swim					
		Lane 3																				
		Lane 4	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																				
		Lane 7																				
		Lane 8																				
	Thursday	Lane 1	LAP SWIM				Tiny Tots Swim* 10-11AM <small>*(kids 0-5 w/parent)</small>		REC SWIM 12:00PM-4:00PM <small>(kids 7 and under must have a parent in water with them during rec swim)</small>				HHS Swim Team 4:00-6:00PM		HYAC Swim Team 6:00-8:00PM		REC SWIM 8:00-8:45PM					
		Lane 2							Lap Swim								Lap Swim					
		Lane 3																				
		Lane 4	LAP SWIM																			
		Lane 5	EXERCISE/WATER WALKING		Deep Water 8-9AM		Sculpting Water 9:05-10AM		EXERCISE/Lap Swim/WATER WALKING						EXERCISE/Lap Swim/WATER WALKING							
		Lane 6																				
		Lane 7																				
		Lane 8																				
	Friday	Lane 1	LAP SWIM						REC SWIM 12:00PM-4:00PM <small>(kids 7 and under must have a parent in water with them during rec swim)</small>				HHS Swim Team 4:00-6:00PM		HYAC Swim Team 6:00-8:00PM		REC SWIM 8:00-8:45PM					
		Lane 2							Lap Swim								Lap Swim					
		Lane 3																				
		Lane 4	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						EXERCISE/Lap Swim/WATER WALKING			
		Lane 6																				
		Lane 7																				
		Lane 8																				
	Saturday	Lane 1	OPEN AT 7AM		LAP SWIM			Special Olympics <small>(no practice 11/30, 12/28)</small>		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 <small>(including all spa areas)</small>								
		Lane 2								LAP SWIM (lane subject to closure depending on rec swim ratios)												
		Lane 3																				
		Lane 4																				
		Lane 5			EXERCISE/WATER WALKING		Aqua Fit 8:30AM-9:30AM		EXERCISE/WATER WALKING		Uses entire pool 11am-12pm		EXERCISE/Lap Swim /WATER WALKING									
		Lane 6																				
		Lane 7																				
		Lane 8																				
	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 <small>(including all spa areas)</small>									
		Lane 2							LAP SWIM (lane subject to closure depending on rec swim ratios)													
		Lane 3																				
		Lane 4																				
		Lane 5																				
		Lane 6																				
		Lane 7																				
		Lane 8																				

Revised 12/04/2024

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.