

**October 14th - November 17th, 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					
<b>Deep Water</b> Tue/Thu 8am-9am  <b>Sculpting Water</b> Mon/Wed 6:00-6:45pm <b>Mon/Wed/Fri</b> 9:05am-10am  <b>Aquacise</b> M/W/F 10:30-11:25am  <b>Streamline</b> Tues 5:30-6:15 am  <b>Aqua Tabata</b> Mon/Wed 5:15-5:55pm <b>Mon/Wed/Fri</b> 8:10-9:00am  <b>Aqua Fit</b> Saturdays 8:30-9:30am  <b>AFYAP</b> M/W/F: 11:30a-12p  <b>REC SWIM</b> MON-FRI > 12pm-4:30pm M/W > 7-8:45pm Tues > 6:30-8pm Th/F > 6:30-8:45 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>	<b>Monday</b> Lane 1 Lane 2 Lane 3 Lane 4 Lane 5 Lane 6 Lane 7 Lane 8	LAP SWIM				LAP SWIM				REC SWIM 12:00PM-4:30PM				Swim Team 4:30-6:30PM		REC SWIM 7PM-8:45PM							
		LAP SWIM				LAP SWIM				Lap Swim						Lap Swim							
		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				Group Lessons 5:30-7:30PM		EXERCISE/Lap Swim/WATER WALKING			
		Streamline 5:30-6:15am		LAP SWIM				LAP SWIM				REC SWIM 12:00PM-4:30PM				Swim Team 4:30-6:30PM		REC SWIM 6:30PM-8:00PM		Lap Swim			
		LAP SWIM				LAP SWIM				Lap Swim						Lap Swim				Special Olympics 8PM-9PM (no practice 11/12)			
		EXERCISE/WATER WALKING				Deep Water 8-9AM		Sculpting Water 9:05-10AM		EXERCISE/Lap Swim/WATER WALKING						Group Lessons 5:30PM-7:30PM *no lessons 11/12							
		LAP SWIM				LAP SWIM				LAP SWIM				REC SWIM 12:00PM-4:30PM				Swim Team 4:30-6:30PM		Group Lessons		REC SWIM 7:00PM-8:45PM	
		LAP SWIM				LAP SWIM				Lap Swim						Lap Swim							
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		LAP SWIM				LAP SWIM				Lap Swim						Lap Swim							
		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				Group Lessons 5:30PM-7:30PM *no lessons 11/12		EXERCISE/Lap Swim/WATER WALKING			
		Streamline 5:30-6:15am		LAP SWIM				LAP SWIM				REC SWIM 12:00PM-4:30PM				Swim Team 4:30-6:30PM		REC SWIM 6:30PM-8:00PM		Lap Swim			
		LAP SWIM				LAP SWIM				Lap Swim						Lap Swim				Special Olympics 8PM-9PM (no practice 11/12)			
		EXERCISE/WATER WALKING				Deep Water 8-9AM		Sculpting Water 9:05-10AM		EXERCISE/Lap Swim/WATER WALKING						Group Lessons 5:30PM-7:30PM *no lessons 11/12							
		LAP SWIM				LAP SWIM				LAP SWIM				REC SWIM 12:00PM-4:30PM				Swim Team 4:30-6:30PM		Group Lessons		REC SWIM 7:00PM-8:45PM	
		LAP SWIM				LAP SWIM				Lap Swim						Lap Swim							
<b>Deep Water</b> Tue/Thu 8am-9am  <b>Sculpting Water</b> Mon/Wed 6:00-6:45pm <b>Mon/Wed/Fri</b> 9:05am-10am  <b>Aquacise</b> M/W/F 10:30-11:25am  <b>Streamline</b> Tues 5:30-6:15 am  <b>Aqua Tabata</b> Mon/Wed 5:15-5:55pm <b>Mon/Wed/Fri</b> 8:10-9:00am  <b>Aqua Fit</b> Saturdays 8:30-9:30am  <b>AFYAP</b> M/W/F: 11:30a-12p  <b>REC SWIM</b> MON-FRI > 12pm-4:30pm M/W > 7-8:45pm Tues > 6:30-8pm Th/F > 6:30-8:45 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>	<b>Wednesday</b> Lane 1 Lane 2 Lane 3 Lane 4 Lane 5 Lane 6 Lane 7 Lane 8	LAP SWIM				LAP SWIM				REC SWIM 12:00PM-4:30PM				Swim Team 4:30-6:30PM		REC SWIM 6:30PM-8:00PM		Lap Swim					
		LAP SWIM				LAP SWIM				Lap Swim						Lap Swim							
		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				Group Lessons 5:30PM-7:30PM *no lessons 11/13		EXERCISE/Lap Swim/WATER WALKING			
		Streamline 5:30-6:15am		LAP SWIM				LAP SWIM				REC SWIM 12:00PM-4:30PM				Swim Team 4:30-6:30PM		REC SWIM 6:30PM-8:00PM		Lap Swim			
		LAP SWIM				LAP SWIM				Lap Swim						Lap Swim				Special Olympics 8PM-9PM (no practice 11/12)			
		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				Group Lessons 5:30PM-7:30PM *no lessons 11/13		EXERCISE/Lap Swim/WATER WALKING			
		LAP SWIM				LAP SWIM				LAP SWIM				REC SWIM 12:00PM-4:30PM				Swim Team 4:30-6:30PM		Group Lessons		REC SWIM 7:00PM-8:45PM	
		LAP SWIM				LAP SWIM				Lap Swim						Lap Swim							
<b>Deep Water</b> Tue/Thu 8am-9am  <b>Sculpting Water</b> Mon/Wed 6:00-6:45pm <b>Mon/Wed/Fri</b> 9:05am-10am  <b>Aquacise</b> M/W/F 10:30-11:25am  <b>Streamline</b> Tues 5:30-6:15 am  <b>Aqua Tabata</b> Mon/Wed 5:15-5:55pm <b>Mon/Wed/Fri</b> 8:10-9:00am  <b>Aqua Fit</b> Saturdays 8:30-9:30am  <b>AFYAP</b> M/W/F: 11:30a-12p  <b>REC SWIM</b> MON-FRI > 12pm-4:30pm M/W > 7-8:45pm Tues > 6:30-8pm Th/F > 6:30-8:45 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>	<b>Thursday</b> Lane 1 Lane 2 Lane 3 Lane 4 Lane 5 Lane 6 Lane 7 Lane 8	LAP SWIM				LAP SWIM				REC SWIM 12:00PM-4:30PM				Swim Team 4:30-6:30PM		REC SWIM 6:30-8:45PM							
		LAP SWIM				LAP SWIM				Lap Swim						Lap Swim							
		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				Group Lessons 5:30PM-7PM		EXERCISE/Lap Swim/WATER WALKING			
		Streamline 5:30-6:15am		LAP SWIM				LAP SWIM				REC SWIM 12:00PM-4:30PM				Swim Team 4:30-6:30PM		REC SWIM 6:30-8:45PM		Lap Swim			
		LAP SWIM				LAP SWIM				Lap Swim						Lap Swim							
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		LAP SWIM				LAP SWIM				LAP SWIM				REC SWIM 12:00PM-4:30PM				Swim Team 4:30-6:30PM		Group Lessons		REC SWIM 6:30-8:45PM	
		LAP SWIM				LAP SWIM				Lap Swim						Lap Swim							
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		LAP SWIM				LAP SWIM				Lap Swim						Lap Swim							
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		Streamline 5:30-6:15am		LAP SWIM				LAP SWIM				REC SWIM 12:00PM-4:30PM				Swim Team 4:30-6:30PM		REC SWIM 6:30-8:45PM		Lap Swim			
		LAP SWIM				LAP SWIM				Lap Swim						Lap Swim							
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		LAP SWIM				LAP SWIM				LAP SWIM				REC SWIM 12:00PM-4:30PM				Swim Team 4:30-6:30PM		Group Lessons		REC SWIM 6:30-8:45PM	
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		OPEN AT 7AM		LAP SWIM				LAP SWIM				LAP SWIM (lane subject to closure depending on rec swim ratios)											
		EXERCISE/WATER WALKING		Aqua Fit 8:30AM-9:30AM		EXERCISE/Lap Swim /WATER WALKING				EXERCISE/Lap Swim /WATER WALKING													
		Streamline 5:30-6:15am		LAP SWIM				LAP SWIM				REC SWIM 12:00PM-4:30PM				Swim Team 4:30-6:30PM		REC SWIM 6:30-8:45PM		Lap Swim			
		LAP SWIM				LAP SWIM				Lap Swim						Lap Swim							
		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				Group Lessons 6:30PM-7:30PM *no lessons 11/15		EXERCISE/Lap Swim/WATER WALKING					
		LAP SWIM				LAP SWIM				LAP SWIM				REC SWIM 12PM-6:45PM				Swim Team 4:30-6:30PM		Group Lessons		REC SWIM 6:30-8:45PM	
		LAP SWIM				LAP SWIM				Lap Swim						Lap Swim							
<b>Deep Water</b> Tue/Thu 8am-9am  <b>Sculpting Water</b> Mon/Wed 6:00-6:45pm <b>Mon/Wed/Fri</b> 9:05am-10am  <b>Aquacise</b> M/W/F 10:30-11:25am  <b>Streamline</b> Tues 5:30-6:15 am  <b>Aqua Tabata</b> Mon/Wed 5:15-5:55pm <b>Mon/Wed/Fri</b> 8:10-9:00am  <b>Aqua Fit</b> Saturdays 8:30-9:30am  <b>AFYAP</b> M/W/F: 11:30a-12p  <b>REC SWIM</b> MON-FRI > 12pm-4:30pm M/W > 7-8:45pm Tues > 6:30-8pm Th/F > 6:30-8:45 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>	<b>Sunday</b> Lane 1 Lane 2 Lane 3 Lane 4 Lane 5 Lane 6 Lane 7 Lane 8	OPEN AT NOON				REC SWIM 12PM-6:45PM				Swim Team 4:30-6:30PM				REC SWIM 6:30-8:45PM		AQUATICS CENTER CLOSED AT 7 PM (including all spa areas)							
		OPEN AT NOON				LAP SWIM				LAP SWIM				LAP SWIM (lane subject to closure depending on rec swim ratios)									
		EXERCISE/WATER WALKING				EXERCISE/Lap Swim /WATER WALKING				EXERCISE/Lap Swim /WATER WALKING				EXERCISE/Lap Swim /WATER WALKING									
		Streamline 5:30-6:15am		LAP SWIM				LAP SWIM				REC SWIM 12:00PM-4:30PM				Swim Team 4:30-6:30PM		REC SWIM 6:30-8:45PM		Lap Swim			
		LAP SWIM				LAP SWIM				Lap Swim						Lap Swim							
		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				Group Lessons 6:30PM-7:30PM *no lessons 11/15		EXERCISE/Lap Swim/WATER WALKING					
		LAP SWIM				LAP SWIM				LAP SWIM				REC SWIM 12PM-6:45PM				Swim Team 4:30-6:30PM		Group Lessons		REC SWIM 6:30-8:45PM	
		LAP SWIM				LAP SWIM				Lap Swim						Lap Swim							

Revised 10/10/2024

\*\*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.\*\*