

September 3rd - October 13th, 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-FRI > 12pm-4:30pm Mon > 7-8:45pm Tues > 6:30-8pm W/Th/F > 6:30-8:45 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	LAP SWIM						REC SWIM 12:00PM-4:30PM				Swim Team 4:30-6:30PM		REC SWIM 7PM-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				Group Lessons 5:30-7:00PM		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		
	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		
	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		
Tuesday	Lane 1	Streamline 5:30-6:15am		LAP SWIM						REC SWIM 12:00PM-4:30PM				Swim Team 4:30-6:30PM		REC SWIM 6:30PM-8:00PM		Lap Swim		
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		Deep Water 8-9AM		Sculpting Water 9:05-10AM		EXERCISE/Lap Swim/WATER WALKING				Group Lessons 5:30PM-7PM <small>*5pm Start on 09/03 ONLY **No lessons 10/7-10/10</small>		EXERCISE/Lap Swim/WATER WALKING		Special Olympics 8PM-9PM <small>(no practice 09/03 & 09/10)</small>					
Lane 6	EXERCISE/WATER WALKING		Deep Water 8-9AM		Sculpting Water 9:05-10AM		EXERCISE/Lap Swim/WATER WALKING				Group Lessons 5:30PM-7PM <small>*5pm Start on 09/03 ONLY **No lessons 10/7-10/10</small>		EXERCISE/Lap Swim/WATER WALKING		Special Olympics 8PM-9PM <small>(no practice 09/03 & 09/10)</small>					
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Wednesday	Lane 1	LAP SWIM						REC SWIM 12:00PM-4:30PM				Swim Team 4:30-6:30PM		REC SWIM 6:30PM-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			
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Thursday	Lane 1	LAP SWIM						REC SWIM 12:00PM-4:30PM				Swim Team 4:30-6:30PM		REC SWIM 6:30-8:45PM						
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		Deep Water 8-9AM		Sculpting Water 9:05-10AM		EXERCISE/Lap Swim/WATER WALKING				Group Lessons 5:30PM-7PM <small>*5pm Start on 09/05 ONLY **No lessons 10/7-10/10</small>		EXERCISE/Lap Swim/WATER WALKING							
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Friday	Lane 1	LAP SWIM						REC SWIM 12:00PM-4:30PM				Swim Team 4:30-6:30PM		REC SWIM 6:30-8:45PM						
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									
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Saturday	Lane 1	OPEN AT 7AM		LAP SWIM						REC SWIM 12PM-6:45PM				AQUATICS CENTER CLOSED AT 7 PM (including all spa areas)						
Lane 2	LAP SWIM						LAP SWIM (lane subject to closure depending on rec swim ratios)													
Lane 3	LAP SWIM						LAP SWIM (lane subject to closure depending on rec swim ratios)													
Lane 4	LAP SWIM						LAP SWIM (lane subject to closure depending on rec swim ratios)													
Lane 5	EXERCISE/WATER WALKING		Aqua Fit 8:30AM-9:30AM		EXERCISE/Lap Swim /WATER WALKING															
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Sunday	Lane 1	OPEN AT NOON						REC SWIM 12PM-6:45PM				AQUATICS CENTER CLOSED AT 7 PM (including all spa areas)								
Lane 2	LAP SWIM							LAP SWIM (lane subject to closure depending on rec swim ratios)												
Lane 3	LAP SWIM							LAP SWIM (lane subject to closure depending on rec swim ratios)												
Lane 4	LAP SWIM							LAP SWIM (lane subject to closure depending on rec swim ratios)												
Lane 5	EXERCISE/WATER WALKING		Aqua Fit 8:30AM-9:30AM		EXERCISE/Lap Swim /WATER WALKING															
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Revised 08/28/2024

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.