

**April 20th, 2026 - May 22nd, 2026**

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>Aquacise</b> M/W/F 10:30-11:25am  <b>AFYAP</b> M/W/F 11:30am-12pm  <b>Streamline</b> Tues 5:30-6:15 am  <b>Aqua Fit</b> Saturdays 8:30-9:30am  <b>Aqua Tabata</b> Mon/Wed 5:15-5:55pm Mon/Wed/Fri 8:10-9:00am	Monday	Lane 1	LAP SWIM						REC SWIM 12:00PM-4:30PM <small>(kids 7 and under must have a parent in water with them during rec swim)</small>					HYAC Swim Team 4:30-6:30PM		Group Lessons <small>*ends April 27th</small>		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	
<b>Streamline</b> Tues 5:30-6:15 am  <b>Aqua Fit</b> Saturdays 8:30-9:30am  <b>Aqua Tabata</b> Mon/Wed 5:15-5:55pm Mon/Wed/Fri 8:10-9:00am	Tuesday	Lane 1	Streamline 5:30-6:15am		LAP SWIM						REC SWIM 12:00PM-4:30PM <small>(kids 7 and under must have a parent in water with them during rec swim)</small>					HYAC Swim Team 4:30-6:30PM		Rec Swim 6:30-8:00pm		Lap Swim			
		Lane 2	Streamline 5:30-6:15am		LAP SWIM						Lap Swim												
		Lane 3	Streamline 5:30-6:15am		LAP SWIM						Lap Swim												
		Lane 4	Streamline 5:30-6:15am		LAP SWIM						Lap Swim												
	Lane 5	EXERCISE/WATER WALKING				Deep Water 8-9AM		EXERCISE/Lap Swim/WATER WALKING								Group Swim Lessons 5:30-7pm <small>(ends April 28th)</small>				Special Olympics 8PM-9PM <small>(Last practice May 5th)</small>			
	Lane 6	EXERCISE/WATER WALKING				Deep Water 8-9AM		EXERCISE/Lap Swim/WATER WALKING								Group Swim Lessons 5:30-7pm <small>(ends April 28th)</small>				Special Olympics 8PM-9PM <small>(Last practice May 5th)</small>			
	Lane 7	EXERCISE/WATER WALKING				Deep Water 8-9AM		EXERCISE/Lap Swim/WATER WALKING								Group Swim Lessons 5:30-7pm <small>(ends April 28th)</small>				Special Olympics 8PM-9PM <small>(Last practice May 5th)</small>			
	Lane 8	EXERCISE/WATER WALKING				Deep Water 8-9AM		EXERCISE/Lap Swim/WATER WALKING								Group Swim Lessons 5:30-7pm <small>(ends April 28th)</small>				Special Olympics 8PM-9PM <small>(Last practice May 5th)</small>			
<b>REC SWIM</b> MON > 12:00-4:30pm & 7:00-8:45pm TUES > 12:00-4:30pm & 6:30-8:00pm WED-FRI > 12:00-4:30pm & 6:30-8:45pm 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.	Wednesday	Lane 1	LAP SWIM						REC SWIM 12:00PM-4:30PM <small>(kids 7 and under must have a parent in water with them during rec swim)</small>					HYAC Swim Team 4:30-6:30PM		REC SWIM 6:30-8:45PM <small>(kids 7 and under must have parent in water)</small>							
		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		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	
<b>REC SWIM</b> MON > 12:00-4:30pm & 7:00-8:45pm TUES > 12:00-4:30pm & 6:30-8:00pm WED-FRI > 12:00-4:30pm & 6:30-8:45pm 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.	Thursday	Lane 1	LAP SWIM						REC SWIM 12:00PM-4:30PM <small>(kids 7 and under must have a parent in water with them during rec swim)</small>					HYAC Swim Team 4:30-6:30PM		REC SWIM 6:30-8:45PM <small>(kids 7 and under must have parent in water)</small>							
		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		EXERCISE/Lap Swim/WATER WALKING								Group Swim Lessons 5:30-7pm <small>(ends April 30th)</small>							
	Lane 6	EXERCISE/WATER WALKING				Deep Water 8-9AM		EXERCISE/Lap Swim/WATER WALKING								Group Swim Lessons 5:30-7pm <small>(ends April 30th)</small>							
	Lane 7	EXERCISE/WATER WALKING				Deep Water 8-9AM		EXERCISE/Lap Swim/WATER WALKING								Group Swim Lessons 5:30-7pm <small>(ends April 30th)</small>							
	Lane 8	EXERCISE/WATER WALKING				Deep Water 8-9AM		EXERCISE/Lap Swim/WATER WALKING								Group Swim Lessons 5:30-7pm <small>(ends April 30th)</small>							
<b>REC SWIM</b> MON > 12:00-4:30pm & 7:00-8:45pm TUES > 12:00-4:30pm & 6:30-8:00pm WED-FRI > 12:00-4:30pm & 6:30-8:45pm 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.	Friday	Lane 1	LAP SWIM						REC SWIM 12:00PM-4:30PM <small>(kids 7 and under must have a parent in water with them during rec swim)</small>					HYAC Swim Team 4:30-6:30PM		REC SWIM 6:30-8:45PM <small>(kids 7 and under must have parent in water)</small>							
		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									
	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									
	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									
	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									
*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.	Saturday	Lane 1	OPEN AT 7AM		LAP SWIM				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	OPEN AT 7AM		LAP SWIM				LAP SWIM (lane subject to closure depending on rec swim ratios)														
		Lane 3	OPEN AT 7AM		LAP SWIM				LAP SWIM (lane subject to closure depending on rec swim ratios)														
		Lane 4	OPEN AT 7AM		LAP SWIM				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 <small>(including all spa areas)</small>							
		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															