

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
<div>Deep Water Tue/Thu 8am-9am</div> <div>Sculpting Water Mon/Wed 6:00-6:45pm</div> <div>Aquacise M/W/F 10:30-11:25am</div> <div>AFYAP M/W/F 11:30am-12pm</div> <div>Streamline Tues 5:30-6:15 am</div> <div>Aqua Fit Saturdays 8:30-9:30am</div> <div>Aqua Tabata Mon/Wed 5:15-5:55pm Mon/Wed/Fri 8:10-9:00am</div> <div>REC SWIM  MON/WED/FRI &gt; 12:00-8:45pm TUES/THURS &gt; 12:00pm-5:00pm &amp; 7: 00-8:45pm 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.</div> <div>*The pool ramp area is not for children to play/swim except during swim lesson programming when applicable.</div> <div>*During busy lap swim times, you may be asked to share a lane.</div> <div>*Swimwear is required for ALL swim activities</div> <div>For aqua class descriptions, please see FITNESS SCHEDULE</div>	Monday	Lane 1	LAP SWIM							REC SWIM 12:00PM-8:45PM (kids 7 and under must have a parent in water with them during rec swim)									
		Lane 2																	
		Lane 3																	
		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																	
		Lane 7																	
		Lane 8																	
	Tuesday	Lane 1	Streamline 5:30-6:15am	LAP SWIM					Tiny Tots Swim* 10-11AM (kids 0-5 w/parent)	REC SWIM 12:00PM-4:30PM (kids 7 and under must have a parent in water with them during rec swim)				Group Swim Lessons 5:00-7:00pm		REC SWIM 7:00-8:45PM (kids 7 and under must have a parent in water with them during rec swim)			
		Lane 2																	
		Lane 3																	
		Lane 4		Lap Swim															
		Lane 5	EXERCISE/WATER WALKING					Deep Water 8-9AM	EXERCISE/Lap Swim/WATER WALKING										
		Lane 6																	
		Lane 7																	
		Lane 8																	
	Wednesday	Lane 1	LAP SWIM							REC SWIM 12:00PM-8:45PM (kids 7 and under must have a parent in water with them during rec swim)									
		Lane 2																	
		Lane 3																	
		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																	
		Lane 7																	
		Lane 8																	
Thursday	Lane 1	LAP SWIM					Tiny Tots Swim* 10-11AM (kids 0-5 w/parent)	REC SWIM 12:00PM-4:30PM (kids 7 and under must have a parent in water with them during rec swim)				Group Swim Lessons 5:00-7:00pm		REC SWIM 7:00-8:45PM (kids 7 and under must have a parent in water with them during rec swim)					
	Lane 2																		
	Lane 3																		
	Lane 4	Lap Swim																	
	Lane 5	EXERCISE/WATER WALKING					Deep Water 8-9AM	EXERCISE/Lap Swim/WATER WALKING											
	Lane 6																		
	Lane 7																		
	Lane 8																		
Friday	Lane 1	LAP SWIM							REC SWIM 12:00PM-8:45PM (kids 7 and under must have a parent in water with them during rec swim)										
	Lane 2																		
	Lane 3																		
	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																		
	Lane 7																		
	Lane 8																		
Saturday	Lane 1	OPEN AT 7AM	LAP SWIM							REC SWIM 12PM-6:45PM (kids 7 and under must have a parent in water with them during rec swim)				AQUATICS CENTER CLOSED AT 7 PM (including all spa areas)					
	Lane 2																		
	Lane 3																		
	Lane 4		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														
	Lane 6																		
	Lane 7																		
	Lane 8																		
Sunday	Lane 1	OPEN AT NOON							REC SWIM 12PM-6:45PM (kids 7 and under must have a parent in water with them during rec swim)				AQUATICS CENTER CLOSED AT 7 PM (including all spa areas)						
	Lane 2																		
	Lane 3																		
	Lane 4	LAP SWIM (lane subject to closure depending on rec swim ratios)																	
	Lane 5	EXERCISE/Lap Swim /WATER WALKING																	
	Lane 6																		
	Lane 7																		
	Lane 8																		

**\*\*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.\*\***