

Sculpting Water
Mon: 9-10am &
 5:15-6:00pm
Tues: 9-10am
Wed: 5:15-6:00pm
Thus: 9-10AM
Fri: 9-10am

Streamline
Tues & Fri
 5:30-6:30am

Silver Splash
Mon: 10:30-11:30am
Thurs: 10:30-11:30am

Aquacise
Tue/Wed/Fri:
 10:30-11:30am

Deep Water
Tues & Thurs
 8-8:45am

AFYAP
Mon-Wed-Fri
 11:30-12pm

Aqua Tabata
Mon & Wed
 4:30-5:10pm
Tues & Thurs
 8:20-9am

Aqua Fit
Sat: 8:30-9:30am

For class descriptions
 please see
**FITNESS
 SCHEDULE**

		5:00AM	6:00AM	7:00AM	8:00AM	9:00AM	10:00AM	11:00AM	NOON	1:00PM	2:00PM	3:00PM	4:00PM	5:00PM	6:00PM	7:00PM	8:00PM	9:00PM				
Monday	Lane 1	Lap Swim 5AM-10:30AM						Silver Splash 10:30AM-11:30AM	Rec Swim 12PM-4PM					HYAC 4:00PM-7:00PM (4 Lanes)		Swim Lessons 7:00-7:30PM	Rec Swim 7:30pm-9:00pm					
	Lane 2	Lap Swim 5AM-10:30AM							Lap Swim/Water Walking 12PM-5:00PM					Aqua Tabata 4:30PM- 5:10PM	SculptWater 5:15-6:00PM		HYAC 6-7PM (4Lanes)		Lap Swim/Water Walking 7:00PM-9:00PM			
	Lane 3	Water Walking 5AM-10:30AM							Sculpting Water 9AM-10AM	Lap Swim	Lap Swim/Water Walking 12PM-4:00PM						HS Diving 4:00PM- 5:30PM	Lap Swim	HYAC 6-7PM (4Lanes)		Lap Swim/Water Walking 7PM-8PM	
	Lane 4	Water Walking 5AM-10:30AM									Lap Swim/Water Walking 12PM-4:00PM								HYAC 6-7PM (4Lanes)		Lap Swim/Water Walking 7PM-8PM	
	Lane 5	Water Walking 5AM-10:30AM									Lap Swim/Water Walking 12PM-4:00PM								HYAC 6-7PM (4Lanes)		Lap Swim/Water Walking 7PM-8PM	
	Lane 6	Water Walking 5AM-10:30AM									Lap Swim/Water Walking 12PM-4:00PM								HYAC 6-7PM (4Lanes)		Lap Swim/Water Walking 7PM-8PM	
	Lane 7	Water Walking 5AM-10:30AM									Lap Swim/Water Walking 12PM-4:00PM								HYAC 6-7PM (4Lanes)		Lap Swim/Water Walking 7PM-8PM	
	Lane 8	Water Walking 5AM-10:30AM									Lap Swim/Water Walking 12PM-4:00PM								HYAC 6-7PM (4Lanes)		Lap Swim/Water Walking 7PM-8PM	
Tuesday	Lane 1	Streamline 5:30AM- 6:30AM	Lap Swim/Water Walking 6:30AM-8:00AM		Deep Water 8-9:00AM	Lap Swim/Water Walking 9:00-10:30am		Aquacise 10:30AM-11:30AM	Rec Swim 12PM-4PM					HYAC 4:00PM-7:00PM (4 Lanes)		Swim Lessons 7:00-7:30PM	Lap Swim	Special Olympics Practice 8-9PM				
	Lane 2		Lap Swim/Water Walking 6:30AM-8:00AM			Lap Swim/Water Walking 9:00-10:30am			Lap Swim/Water Walking 12PM-4:00PM					HYAC 6-7PM (4Lanes)								
	Lane 3	Lap Swim/Water Walking 5AM-8AM							Aqua Tabata 8:20-9AM	Sculpting Water 9AM-10AM	Lap Swim	Lap Swim/Water Walking 12PM-4:00PM						HYAC 6-7PM (4Lanes)		Lap Swim/Water Walking 7PM-8PM		
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Wednesday	Lane 1	Lap Swim/Water Walking 5AM-10:30AM						Aquacise 10:30AM-11:30AM	Rec Swim 12PM-4PM					HYAC 4:00PM-7:00PM (4 Lanes)		Rec Swim 7:00PM-9:00PM						
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Thursday	Lane 1	Lap Swim/Water Walking 5AM-8AM			Deep Water 8-9:00 AM	Lap Swim/Water Walking 9:00-10:30am		Silver Splash 10:30AM-11:30AM	Rec Swim 12PM-4PM					HYAC 4:00PM-7:00PM (4 Lanes)		Swim Lessons 7:00-7:30PM	Rec Swim 7:30PM-9:00PM					
	Lane 2	Lap Swim/Water Walking 5AM-8AM				Lap Swim/Water Walking 9:00-10:30am			Lap Swim/Water Walking 12PM-4PM					HYAC 6-7PM (4Lanes)			Lap Swim/Water Walking 7:00PM-9:00PM					
	Lane 3	Lap Swim/Water Walking 5AM-8AM							Aqua Tabata 8:20-9AM	Sculpting Water 9AM- 10AM	Lap Swim	Lap Swim/Water Walking 12PM-4PM						HYAC 6-7PM (4Lanes)		Lap Swim/Water Walking 7:00PM-9:00PM		
	Lane 4	Lap Swim/Water Walking 5AM-8AM										Lap Swim/Water Walking 12PM-4PM						HYAC 6-7PM (4Lanes)		Lap Swim/Water Walking 7:00PM-9:00PM		
	Lane 5	Lap Swim/Water Walking 5AM-8AM										Lap Swim/Water Walking 12PM-4PM						HYAC 6-7PM (4Lanes)		Lap Swim/Water Walking 7:00PM-9:00PM		
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Friday	Lane 1	Streamline 5:30AM- 6:30AM	Lap Swim/Water Walking 6:30AM-10:30AM				Aquacise 10:30AM-11:30AM	Rec Swim 12PM-4PM					HYAC 4:00PM-7:00PM (4 Lanes)		Rec Swim 7:00PM-9:00PM							
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	Lane 3	Lap Swim/Water Walking 5AM-9AM						Sculpting Water 9AM-10AM	Lap Swim	Lap Swim/Water Walking 12PM-4PM						HYAC 6-7PM (4Lanes)		Lap Swim/Water Walking 7:00PM-9:00PM				
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Saturday	Lane 1	OPEN AT 7AM			Lap Swim/Water Walking 7AM-10:30AM			Spec Olym 10:30AM	Rec Swim 12PM-5PM					CLOSED AT 5PM								
	Lane 2				Lap Swim/Water Walking 7AM-10:30AM				Lap Swim/Water Walking 12PM-5PM													
	Lane 3	OPEN AT 7AM			Lap Swim/Water Walking 7AM-8:30AM	Aqua Fit 8:30AM- 9:30AM	Lap Swim/Water Walking 9:30AM-11:00AM		Special Olympics 11AM-12PM	Lap Swim/Water Walking 12PM-5PM					CLOSED AT 5PM							
	Lane 4						Lap Swim/Water Walking 7AM-8:30AM			Lap Swim/Water Walking 12PM-5PM												
	Lane 5				Lap Swim/Water Walking 7AM-8:30AM			Lap Swim/Water Walking 12PM-5PM														
	Lane 6				Lap Swim/Water Walking 7AM-8:30AM			Lap Swim/Water Walking 12PM-5PM														
	Lane 7				Lap Swim/Water Walking 7AM-8:30AM			Lap Swim/Water Walking 12PM-5PM														
	Lane 8				Lap Swim/Water Walking 7AM-8:30AM			Lap Swim/Water Walking 12PM-5PM														
Sunday	Lane 1	OPEN AT NOON								Rec Swim 12PM-5PM					CLOSED AT 5PM							
	Lane 2	OPEN AT NOON								Lap Swim/Water Walking 12PM-5PM												
	Lane 3	OPEN AT NOON							Lap Swim/Water Walking 12PM-5PM					CLOSED AT 5PM								
	Lane 4	OPEN AT NOON							Lap Swim/Water Walking 12PM-5PM													
	Lane 5	OPEN AT NOON							Lap Swim/Water Walking 12PM-5PM													
	Lane 6	OPEN AT NOON							Lap Swim/Water Walking 12PM-5PM													
	Lane 7	OPEN AT NOON							Lap Swim/Water Walking 12PM-5PM													
	Lane 8	OPEN AT NOON							Lap Swim/Water Walking 12PM-5PM													

***Lane 5 is a
 dedicated
 Lap Swim
 Lane
 (unless
 otherwise
 marked)**

***18th St.
 Therapy
 Pool Hours:**

**Mon 9-11am
 Tues 9-11am
 Wed 9-11am
 Thurs 9-11am
 Fri Closed**



18th St. Therapy Pool Hours:

- Monday 9-11am
- Tuesday 9-11am
- Wednesday 9-11am
- Thursday 9-11am
- Friday Closed

18th Street Therapy Pool Rules:

- Pool is only open a limited number of hours
- All participants must be using the water for therapeutic purposes ONLY
- NO recreational swim is allowed
- Lifeguard has authority to ask participants to leave if not using pool for therapy

Recreational Swim Time:

- During Rec Swim, 4 lanes will be open for use. Please be courteous of the Lap Swimmers and stay in the Rec Swim area. Diving board will be open at the discretion of the Lifeguard.
 - Please only use the equipment dedicated for Rec Swim, all other equipment is for Fitness classes and patrons wanting to exercise.
- Private Swim Lessons are available year round. IF interested please ask the front desk for a registration form to get signed up.

Jump in and JOIN us today!!



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Aquatics Pool Schedule Fall 2018 With Swim Team & Diving Hastings Family YMCA

