

# January 2nd - February 28th, 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	<b>Monday</b>  Lane 1 Lane 2 Lane 3 <b>Lane 4</b> Lane 5 Lane 6 Lane 7 Lane 8  <b>Tuesday</b>  Lane 1 Lane 2 Lane 3 <b>Lane 4</b> Lane 5 Lane 6 Lane 7 Lane 8  <b>Wednesday</b>  Lane 1 Lane 2 Lane 3 <b>Lane 4</b> Lane 5 Lane 6 Lane 7 Lane 8  <b>Thursday</b>  Lane 1 Lane 2 Lane 3 <b>Lane 4</b> Lane 5 Lane 6 Lane 7 Lane 8  <b>Friday</b>  Lane 1 Lane 2 Lane 3 <b>Lane 4</b> Lane 5 Lane 6 Lane 7 Lane 8  <b>Saturday</b>  Lane 1 Lane 2 Lane 3 <b>Lane 4</b> Lane 5 Lane 6 Lane 7 Lane 8  <b>Sunday</b>  Lane 1 Lane 2 Lane 3 <b>Lane 4</b> Lane 5 Lane 6 Lane 7 Lane 8	HHS Swim Team 5:30am-7:00am		LAP SWIM					REC SWIM 12:00PM-4:00PM (kids 7 and under must have a parent in water with them during rec swim)					HHS Swim Team 4:00-6:00PM		HYAC Swim Team 6:00-8:00PM		REC SWIM 8:00-8:45PM								
		LAP SWIM		Aqua Tabata 8:10AM-9:00AM		EXERCISE/WATER WALKING		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	Lap Swim							
		LAP SWIM		EXERCISE/WATER WALKING		LAP SWIM		Tiny Tots Swim* 10-11AM *(kids 0-5 w/parent)		Lap Swim		REC SWIM 12:00PM-4:00PM (kids 7 and under must have a parent in water with them during rec swim)		HHS Swim Team 4:00-6:00PM		HYAC Swim Team 6:00-8:00PM		Lap Swim								
		EXERCISE/WATER WALKING		Deep Water 8-9AM		EXERCISE/Lap Swim/WATER WALKING								EXERCISE/Lap Swimming/WATER WALKING		Special Olympics 8PM-9PM (no practice 01/06 & 01/13)										
		LAP SWIM		HHS Swim Team 5:30am-7:00am		LAP SWIM		Lap Swim		REC SWIM 12:00PM-4:00PM (kids 7 and under must have a parent in water with them during rec swim)		HHS Swim Team 4:00-6:00PM		HYAC Swim Team 6:00-8:00PM		REC SWIM 8:00-8:45PM	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		Aqua Tabata 5:15PM-5:55PM	Sculpting Water 6PM-6:45PM	EXERCISE/Lap Swim/WATER WALKING										
		LAP SWIM		EXERCISE/WATER WALKING		LAP SWIM		Tiny Tots Swim* 10-11AM *(kids 0-5 w/parent)		Lap Swim		REC SWIM 12:00PM-4:00PM (kids 7 and under must have a parent in water with them during rec swim)		HHS Swim Team 4:00-6:00PM		HYAC Swim Team 6:00-8:00PM		REC SWIM 8:00-8:45PM	Lap Swim							
		EXERCISE/WATER WALKING		Deep Water 8-9AM		EXERCISE/Lap Swim/WATER WALKING								Group Lessons 5:30-7:00pm (ends Jan 29th)		EXERCISE/Lap Swimming/WATER WALKING										
		LAP SWIM		EXERCISE/WATER WALKING		LAP SWIM		Lap Swim		REC SWIM 12:00PM-4:00PM (kids 7 and under must have a parent in water with them during rec swim)		HHS Swim Team 4:00-6:00PM		HYAC Swim Team 6:00-8:00PM		REC SWIM 8:00-8:45PM	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		EXERCISE/Lap Swimming/WATER WALKING												
		LAP SWIM		EXERCISE/WATER WALKING		LAP SWIM		Lap Swim		REC SWIM 12:00PM-4:00PM (kids 7 and under must have a parent in water with them during rec swim)		HHS Swim Team 4:00-6:00PM		HYAC Swim Team 6:00-8:00PM		REC SWIM 8:00-8:45PM	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		EXERCISE/Lap Swimming/WATER WALKING												
		OPEN AT 7AM		LAP SWIM		LAP SWIM		Special Olympics		Lap Swim		REC SWIM 12PM-6:45PM (kids 7 and under must have a parent in water with them during rec swim)		HHS Swim Team 4:00-6:00PM		HYAC Swim Team 6:00-8:00PM		REC SWIM 8:00-8:45PM	Lap Swim							
		EXERCISE/WATER WALKING		Aqua Fit 8:30AM-9:30AM		EXERCISE/WATER WALKING		Uses entire pool 11am-12pm	EXERCISE/Lap Swim /WATER WALKING		LAP SWIM (lane subject to closure depending on rec swim ratios)		EXERCISE/Lap Swim /WATER WALKING		EXERCISE/Lap Swimming/WATER WALKING		AQUATICS CENTER CLOSED AT 7 PM (including all spa areas)									
		OPEN AT NOON							REC SWIM 12PM-6:45PM (kids 7 and under must have a parent in water with them during rec swim)		LAP SWIM (lane subject to closure depending on rec swim ratios)		EXERCISE/Lap Swim /WATER WALKING		EXERCISE/Lap Swimming/WATER WALKING		AQUATICS CENTER CLOSED AT 7 PM (including all spa areas)									
		OPEN AT NOON							EXERCISE/Lap Swim /WATER WALKING		LAP SWIM (lane subject to closure depending on rec swim ratios)		EXERCISE/Lap Swimming/WATER WALKING		EXERCISE/Lap Swimming/WATER WALKING		AQUATICS CENTER CLOSED AT 7 PM (including all spa areas)									

Revised 12/30/25

\*\*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.\*\*