

**Sculpting Water** Mon: 9-10am & 5:45-6:30pm  
 Tues: 9-10am Wed: 5:45-6:30pm  
 Thurs: 9-10am & 9-10am  
 Fri:

**Streamline** Tues  
 5:30-6:30am

**Silver Splash** Mon  
 &Thurs: 10:35-11:30

**Aquacise** Tue,  
 Wed, Fri 10:35-11:30am

**Deep Water** Tues &  
 Thurs 8-8:45am

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

**Aqua Tabata** Mon &  
 Wed 5:00-5:40pm  
 Tues & Thurs 8:20-9am

**Aqua Fit** Sat:  
 8:30-9:30a

\*Swimwear is required for all swim activities

For class descriptions please see FITNESS SCHEDULE

		5:00AM	6:00AM	7:00AM	8:00AM	9:00AM	10:00AM	11:00AM	12:00PM	1:00PM	2:00PM	3:00PM	4:00PM	5:00PM	6:00PM
<b>Monday</b>	Lane 1	Lap Swim/ Water Walking 5AM-10:30AM						Silver Splash 10:35-11:30AM	Rec/Open Swim 12PM-4:00PM				HYAC 4:00PM-6:45PM		
	Lane 2												Swim Lessons		
	Lane 3							Lap Swim/ Water Walking 9:00AM	Lap Swim/Water Walking 12PM-4:45PM				Aqua Tabata 5-5:40pm	Sculpting Water 5:45-6:30pm	Lap Swim 6:30PM-7PM
	Lane 4														
	Lane 5														
	Lane 6														
	Lane 7														
	Lane 8														
<b>Tuesday</b>	Lane 1	Lap swim	Streamline 5:30AM-6:30AM	Lap Swim/Water Walk 6:30AM-8:00AM		Deep Water 8-8:45am	Lap Swim Water Walk 9:00-10:30AM		Aquacise 10:35-11:30AM	Rec/Open Swim 12PM-5:00PM				HYAC 5:00-6:00PM	Rec/Open Swim 6-7pm
	Lane 2														
	Lane 3														
	Lane 4														
	Lane 5														
	Lane 6														
	Lane 7														
	Lane 8														
<b>Wednesday</b>	Lane 1	Lap Swim/Water Walk 5AM-10:30AM						Aquacise 10:35-11:30AM	Rec/Open Swim 12PM-4:00PM				HYAC 4:00PM-6:45PM		
	Lane 2												Swim Lessons		
	Lane 3							Silver Splash 10:35-11:30AM	Lap Swim/Water Walking 12PM-4:45PM				Aqua Tabata 5-5:40pm	Sculpting Water 5:45-6:30pm	Lap Swim 6:30PM-7PM
	Lane 4														
	Lane 5														
	Lane 6														
	Lane 7														
	Lane 8														
<b>Thursday</b>	Lane 1	Lap Swim/Water Walk 5AM-8AM			Deep Water 8-8:45AM	Lap Swim/ Water Walk 9:00-10:30AM		Silver Splash 10:35-11:30AM	Rec/Open Swim 12PM-4:00PM				HYAC 5:00-6:00PM	Rec/Open Swim 6-7pm	
	Lane 2														
	Lane 3														
	Lane 4														
	Lane 5														
	Lane 6														
	Lane 7														
	Lane 8														
<b>Friday</b>	Lane 1	Lap Swim/Water Walking 5:00AM - 9:00AM						Aquacise 10:35-11:30AM	Rec/Open Swim 12PM-4:00PM				HYAC 4:00PM-6:45PM		
	Lane 2												Swim Lessons		
	Lane 3							Silver Splash 10:35-11:30AM	Lap Swim/Water Walk 12PM-7PM						
	Lane 4														
	Lane 5														
	Lane 6														
	Lane 7														
	Lane 8														
<b>Saturday</b>	Lane 1	OPEN AT 7AM			Lap Swim/Water Walk 7AM-11AM		Rec/Open Swim 12PM-4PM				CLOSED AT 4PM				
	Lane 2														
	Lane 3														
	Lane 4														
	Lane 5														
	Lane 6														
	Lane 7														
	Lane 8														
<b>Sunday</b>	Lane 1	CLOSED													
	Lane 2														
	Lane 3														
	Lane 4														
	Lane 5														
	Lane 6														
	Lane 7														
	Lane 8														



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Aquatics Pool Schedule July 2019 Hastings Family YMCA

## 16th Street Recreational Swim Time :

- During Rec Swim, 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.

**\*Swimwear is required for ALL in water activities\***

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!!

\*\*In an effort to provide safety for our guests, the pool close during inclement weather. Pool will remain closed until 30 minutes after the last strike/sound of lightning/thunder. The pool schedule is subject to change at any time.

