

## June 1st, 2026 - July 31st, 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				Group Swim Lessons 9:30-11am <small>06/08, 06/15, 07/13, 07/20 only</small>		REC SWIM 12:00PM-4:00PM <small>(kids 7 and under must have a parent in water with them during rec swim)</small>				HYAC Swim Team 4:00-5:30 PM		REC SWIM 5:30-8:45PM <small>(kids 7 and under must have a parent in water with them)</small>				
		Lane 2	LAP SWIM				Lap Swim		Lap Swim				Lap Swim						
		Lane 3	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 4	EXERCISE/WATER WALKING				EXERCISE/WATER WALKING		EXERCISE/WATER WALKING		EXERCISE/Lap Swim/ WATER WALKING				EXERCISE/Lap Swim/ WATER WALKING				
	Lane 5	EXERCISE/WATER WALKING				EXERCISE/WATER WALKING		EXERCISE/WATER WALKING		EXERCISE/Lap Swim/ WATER WALKING				EXERCISE/Lap Swim/ WATER WALKING					
	Lane 6	EXERCISE/WATER WALKING				EXERCISE/WATER WALKING		EXERCISE/WATER WALKING		EXERCISE/Lap Swim/ WATER WALKING				EXERCISE/Lap Swim/ WATER WALKING					
	Lane 7	EXERCISE/WATER WALKING				EXERCISE/WATER WALKING		EXERCISE/WATER WALKING		EXERCISE/Lap Swim/ WATER WALKING				EXERCISE/Lap Swim/ WATER WALKING					
	Lane 8	EXERCISE/WATER WALKING				EXERCISE/WATER WALKING		EXERCISE/WATER WALKING		EXERCISE/Lap Swim/ WATER WALKING				EXERCISE/Lap Swim/ WATER WALKING					
	Tuesday	Lane 1	LAP SWIM				Tiny Tots Swim* 10-11AM <small>*(kids 0-5 w/parent)</small>		REC SWIM 12:00PM-4:00PM <small>(kids 7 and under must have a parent in water with them during rec swim)</small>				HYAC Swim Team 4:00-5:30 PM		REC SWIM 5:30-8:45PM <small>(kids 7 and under must have a parent in water with them)</small>				
		Lane 2	LAP SWIM				Lap Swim		Lap Swim				Lap Swim						
		Lane 3	EXERCISE/WATER WALKING				Streamline 5:30-6:15am	EXERCISE/WATER WALKING		EXERCISE/Lap Swim/ WATER WALKING				EXERCISE/Lap Swim/ WATER WALKING		EXERCISE/Lap Swim/ WATER WALKING			
		Lane 4	EXERCISE/WATER WALKING				EXERCISE/WATER WALKING		EXERCISE/WATER WALKING		EXERCISE/Lap Swim/ WATER WALKING				EXERCISE/Lap Swim/ WATER WALKING				
	Lane 5	EXERCISE/WATER WALKING				EXERCISE/WATER WALKING		EXERCISE/WATER WALKING		EXERCISE/Lap Swim/ WATER WALKING				EXERCISE/Lap Swim/ WATER WALKING					
	Lane 6	EXERCISE/WATER WALKING				EXERCISE/WATER WALKING		EXERCISE/WATER WALKING		EXERCISE/Lap Swim/ WATER WALKING				EXERCISE/Lap Swim/ WATER WALKING					
	Lane 7	EXERCISE/WATER WALKING				EXERCISE/WATER WALKING		EXERCISE/WATER WALKING		EXERCISE/Lap Swim/ WATER WALKING				EXERCISE/Lap Swim/ WATER WALKING					
	Lane 8	EXERCISE/WATER WALKING				EXERCISE/WATER WALKING		EXERCISE/WATER WALKING		EXERCISE/Lap Swim/ WATER WALKING				EXERCISE/Lap Swim/ WATER WALKING					
	Wednesday	Lane 1	LAP SWIM				Group Swim Lessons 9:30-11am <small>06/10, 06/17, 07/15, 07/22 only</small>		REC SWIM 12:00PM-4:00PM <small>(kids 7 and under must have a parent in water with them during rec swim)</small>				HYAC Swim Team 4:00-5:30 PM		REC SWIM 5:30-8:45PM <small>(kids 7 and under must have a parent in water with them)</small>				
		Lane 2	LAP SWIM				Lap Swim		Lap Swim				Lap Swim						
		Lane 3	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 4	EXERCISE/WATER WALKING				EXERCISE/WATER WALKING		EXERCISE/WATER WALKING		EXERCISE/Lap Swim/ WATER WALKING				EXERCISE/Lap Swim/ WATER WALKING				
	Lane 5	EXERCISE/WATER WALKING				EXERCISE/WATER WALKING		EXERCISE/WATER WALKING		EXERCISE/Lap Swim/ WATER WALKING				EXERCISE/Lap Swim/ WATER WALKING					
	Lane 6	EXERCISE/WATER WALKING				EXERCISE/WATER WALKING		EXERCISE/WATER WALKING		EXERCISE/Lap Swim/ WATER WALKING				EXERCISE/Lap Swim/ WATER WALKING					
	Lane 7	EXERCISE/WATER WALKING				EXERCISE/WATER WALKING		EXERCISE/WATER WALKING		EXERCISE/Lap Swim/ WATER WALKING				EXERCISE/Lap Swim/ WATER WALKING					
	Lane 8	EXERCISE/WATER WALKING				EXERCISE/WATER WALKING		EXERCISE/WATER WALKING		EXERCISE/Lap Swim/ WATER WALKING				EXERCISE/Lap Swim/ WATER WALKING					
	Thursday	Lane 1	LAP SWIM				Tiny Tots Swim* 10-11AM <small>*(kids 0-5 w/parent)</small>		REC SWIM 12:00PM-4:00PM <small>(kids 7 and under must have a parent in water with them during rec swim)</small>				HYAC Swim Team 4:00-5:30 PM		REC SWIM 5:30-8:45PM <small>(kids 7 and under must have a parent in water with them)</small>				
		Lane 2	LAP SWIM				Lap Swim		Lap Swim				Lap Swim						
		Lane 3	EXERCISE/WATER WALKING				Deep Water 8-9AM	EXERCISE/WATER WALKING		EXERCISE/Lap Swim/ WATER WALKING				EXERCISE/Lap Swim/ WATER WALKING		EXERCISE/Lap Swim/ WATER WALKING			
		Lane 4	EXERCISE/WATER WALKING				EXERCISE/WATER WALKING		EXERCISE/WATER WALKING		EXERCISE/Lap Swim/ WATER WALKING				EXERCISE/Lap Swim/ WATER WALKING				
	Lane 5	EXERCISE/WATER WALKING				EXERCISE/WATER WALKING		EXERCISE/WATER WALKING		EXERCISE/Lap Swim/ WATER WALKING				EXERCISE/Lap Swim/ WATER WALKING					
	Lane 6	EXERCISE/WATER WALKING				EXERCISE/WATER WALKING		EXERCISE/WATER WALKING		EXERCISE/Lap Swim/ WATER WALKING				EXERCISE/Lap Swim/ WATER WALKING					
	Lane 7	EXERCISE/WATER WALKING				EXERCISE/WATER WALKING		EXERCISE/WATER WALKING		EXERCISE/Lap Swim/ WATER WALKING				EXERCISE/Lap Swim/ WATER WALKING					
	Lane 8	EXERCISE/WATER WALKING				EXERCISE/WATER WALKING		EXERCISE/WATER WALKING		EXERCISE/Lap Swim/ WATER WALKING				EXERCISE/Lap Swim/ WATER WALKING					
	Friday	Lane 1	LAP SWIM				LAP SWIM		REC SWIM 12:00PM-8:45PM <small>(kids 7 and under must have a parent in water with them during rec swim)</small>				Lap Swim						
		Lane 2	LAP SWIM				Lap Swim		Lap Swim				Lap Swim						
		Lane 3	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 Swim/ WATER WALKING			
		Lane 4	EXERCISE/WATER WALKING				EXERCISE/WATER WALKING		EXERCISE/WATER WALKING		EXERCISE/Lap Swim/ WATER WALKING				EXERCISE/Lap Swim/ WATER WALKING				
	Lane 5	EXERCISE/WATER WALKING				EXERCISE/WATER WALKING		EXERCISE/WATER WALKING		EXERCISE/Lap Swim/ WATER WALKING				EXERCISE/Lap Swim/ WATER WALKING					
	Lane 6	EXERCISE/WATER WALKING				EXERCISE/WATER WALKING		EXERCISE/WATER WALKING		EXERCISE/Lap Swim/ WATER WALKING				EXERCISE/Lap Swim/ WATER WALKING					
	Lane 7	EXERCISE/WATER WALKING				EXERCISE/WATER WALKING		EXERCISE/WATER WALKING		EXERCISE/Lap Swim/ WATER WALKING				EXERCISE/Lap Swim/ WATER WALKING					
	Lane 8	EXERCISE/WATER WALKING				EXERCISE/WATER WALKING		EXERCISE/WATER WALKING		EXERCISE/Lap Swim/ WATER WALKING				EXERCISE/Lap Swim/ WATER WALKING					
<p style="color: red; font-size: small;">*The pool ramp area is not for children to play/swim except during swim lesson programming when applicable.</p> <p style="color: blue; font-size: small;">*During busy lap swim times, you may be asked to share a lane.</p> <p style="color: red; font-size: small;">*Swimwear is required for ALL swim activities</p> <p style="color: blue; font-size: small;">For aqua class descriptions, please see FITNESS SCHEDULE</p>	Saturday	Lane 1	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	LAP SWIM				Lap Swim		Lap Swim				Lap Swim						
		Lane 3	LAP SWIM				Lap Swim		Lap Swim				Lap Swim						
		Lane 4	LAP SWIM				Lap Swim		Lap Swim				Lap Swim						
	Lane 5	OPEN AT 7AM				EXERCISE/ WATER WALKING		Aqua Fit 8:30AM-9:30AM	EXERCISE/WATER WALKING		EXERCISE/Lap Swim / WATER WALKING				AQUATICS CENTER CLOSED AT 7 PM <small>(including all spa areas)</small>				
	Lane 6	OPEN AT 7AM				EXERCISE/ WATER WALKING		EXERCISE/WATER WALKING		EXERCISE/Lap Swim / WATER WALKING				AQUATICS CENTER CLOSED AT 7 PM <small>(including all spa areas)</small>					
	Lane 7	OPEN AT 7AM				EXERCISE/ WATER WALKING		EXERCISE/WATER WALKING		EXERCISE/Lap Swim / WATER WALKING				AQUATICS CENTER CLOSED AT 7 PM <small>(including all spa areas)</small>					
	Lane 8	OPEN AT 7AM				EXERCISE/ WATER WALKING		EXERCISE/WATER WALKING		EXERCISE/Lap Swim / WATER WALKING				AQUATICS CENTER CLOSED AT 7 PM <small>(including all spa areas)</small>					
Sunday	Lane 1	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	LAP SWIM				Lap Swim		Lap Swim				Lap Swim							
	Lane 3	LAP SWIM				Lap Swim		Lap Swim				Lap Swim							
	Lane 4	LAP SWIM				Lap Swim		Lap Swim				Lap Swim							
Lane 5	OPEN AT NOON				EXERCISE/ WATER WALKING		EXERCISE/WATER WALKING		EXERCISE/Lap Swim / WATER WALKING				AQUATICS CENTER CLOSED AT 7 PM <small>(including all spa areas)</small>						
Lane 6	OPEN AT NOON				EXERCISE/ WATER WALKING		EXERCISE/WATER WALKING		EXERCISE/Lap Swim / WATER WALKING				AQUATICS CENTER CLOSED AT 7 PM <small>(including all spa areas)</small>						
Lane 7	OPEN AT NOON				EXERCISE/ WATER WALKING		EXERCISE/WATER WALKING		EXERCISE/Lap Swim / WATER WALKING				AQUATICS CENTER CLOSED AT 7 PM <small>(including all spa areas)</small>						
Lane 8	OPEN AT NOON				EXERCISE/ WATER WALKING		EXERCISE/WATER WALKING		EXERCISE/Lap Swim / WATER WALKING				AQUATICS CENTER CLOSED AT 7 PM <small>(including all spa areas)</small>						

05/26/2026

\*\*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.\*\*