

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		
Monday	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																
	Lane 3																
	Lane 4																
	Lane 5	Lap Swim/ Water Walking 5:00AM - 9:00AM				Sculpting Water 9:00AM-10:00AM	Lap Swim		AFYAP 11:30-12:00	Lap Swim/Water Walking 12PM-5:00PM				Aqua Tabata 5-5:40pm	Sculpting Water 5:45-6:30pm	Lap Swim 6:30PM-7PM	
	Lane 6																
	Lane 7																
	Lane 8																
Tuesday	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-4:00PM				HYAC 5:00PM-6:00PM		Rec/Open Swim 6-7pm
	Lane 2																
	Lane 3																
	Lane 4																
	Lane 5	Lap Swim/Water Walk 8AM 5AM-				AquaTabat 8:20-9AM	Sculpting Water 9:00AM-10:00AM	Lap Swim	Lap Swim/Water Walk 12PM-7PM								
	Lane 6																
	Lane 7																
	Lane 8																
Wednesday	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																
	Lane 3																
	Lane 4																
	Lane 5								AFYAP 11:30-12:00	Lap Swim/Water Walking 12PM-4:30PM				Aqua Tabata 5-5:40pm	Sculpting Water 5:45-6:30pm	Lap Swim 6:30PM-7PM	
	Lane 6																
	Lane 7																
	Lane 8																
Thursday	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 5:00PM-6:00PM		Rec/Open Swim 6-7pm	
	Lane 2																
	Lane 3																
	Lane 4																
	Lane 5	Lap Swim/Water Walk 5:00-8:20AM				AquaTabat 8:20-9AM	Sculpting Water 9:00AM-10:00AM	Lap Swim		Lap Swim/Water Walk 12PM-7PM							
	Lane 6																
	Lane 7																
	Lane 8																
Friday	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																
	Lane 3																
	Lane 4																
	Lane 5	Lap Swim/Water Walk 5-9AM				Sculpting Water 9AM-10AM			AFYAP 11:30-12:00	Lap Swim/Water Walk 12PM-7PM							
	Lane 6																
	Lane 7																
	Lane 8																
Saturday	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				Aqua Fit 8:30AM-9:30AM	Lap Swim/Water Walk 12PM-4PM											
	Lane 6																
	Lane 7																
	Lane 8																
Sunday	Lane 1	CLOSED															
	Lane 2																
	Lane 3																
	Lane 4																
	Lane 5																
	Lane 6																
	Lane 7																
	Lane 8																



18th St. Therapy Pool Hours:

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

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

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!!



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Aquatics Pool Schedule June, July August 2019 Hastings Family YMCA



