

Sculpting Water
Mon: 9-10am &
6:45-7:30pm
Tues: 9-10am
Wed: 6:45-7:30pm
Thurs: 9-10am &
6:45-7:30pm
Fri: 9-10am

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

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

Aquacise
Tue-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: 8:30-9:30a

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-4:00PM				HYAC Swim Team 4:00PM - 6:45PM			Swim Lessons 7-7:30PM	Rec Swim 7:30PM-9:00PM															
	Lane 2																															
	Lane 3																															
	Lane 4																															
	Lane 5	Water Walking 5AM-10:30AM				Sculpting Water 9:00AM- 10:00AM	Lap Swim		AFYAP 11:30- 12:00	Lap Swim/Water Walking 12PM-4:30PM			Aqua Tabata 4:30PM- 5:15PM	Lap Swim Water Walk 5:15PM- 6:45PM	Sculpting Water 6:45PM- 7:30PM	Lap Swim/Water Walk 7:30PM-9PM																
	Lane 6																															
	Lane 7																															
	Lane 8																															
Tuesday	Lane 1	Streamline 5:30AM- 6:30AM	Lap Swim/Water Walk 6:30AM-8:45AM		Deep Water 8-8:45am	Lap Swim Water Walk 9:00-10:30AM		Aquacise 10:30AM-11:30AM	Rec Swim 12PM-4:00PM			HYAC Swim Team 4:00PM - 6:45PM			Swim Lessons 7-7:30PM	Special Olympics Practice 8-9PM																
	Lane 2																															
	Lane 3																															
	Lane 4																															
	Lane 5	Lap Swim/Water Walk 5AM-8AM			AquaTabat 8:20-9AM	Sculpting Water 9:00AM- 10:00AM			Lap Swim		Lap Swim/Water Walk 12PM-8:00PM																					
	Lane 6																															
	Lane 7																															
	Lane 8																															
Wednesday	Lane 1	Lap Swim/Water Walk 5AM-10:30AM						Aquacise 10:30AM-11:30AM	Rec Swim 12PM-4:00PM			HYAC Swim Team 4:00PM - 6:45PM			Rec Swim 6:45PM-9:00PM																	
	Lane 2																															
	Lane 3																															
	Lane 4																															
	Lane 5					AFYAP 11:30-12:00	Lap Swim/Water Walking 12PM-4:30PM			Aqua Tabata 4:30PM- 5:10PM	Lap Swim Water Walk 5:15PM - 6:45PM	Sculpting Water 6:45PM- 7:30PM	Lap Swim/Water Walk 7:30PM-9PM																			
	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		Aquacise 10:30AM-11:30AM	Rec Swim 12PM-4:00PM			HYAC Swim Team 4:00PM - 6:45PM			Swim Lessons 7-7:30pm	Rec Swim 7:30PM-9:00PM																
	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-6:45PM					Sculpting Water 6:45PM- 7:30PM	Lap Swim/Water Walk 7:30PM-9PM															
	Lane 6																															
	Lane 7																															
	Lane 8																															
Friday	Lane 1	Streamline 5:30AM- 6:30AM	Lap Swim/Water Walk 6:30AM-10:30AM				Aquacise 10:30AM-11:30AM	Rec Swim 12PM-4:00PM			HYAC Swim Team 4:00PM - 6:45PM			Rec Swim 6:45PM - 9:00PM																		
	Lane 2																															
	Lane 3																															
	Lane 4																															
	Lane 5	Lap Swim/Water Walk 5-9AM			Sculpting Water 9AM-10AM			Lap Swim		AFYAP 11:30-12:00	Lap Swim/Water Walk 12PM-9:00PM																					
	Lane 6																															
	Lane 7																															
	Lane 8																															
Saturday	Lane 1	OPEN AT 7AM			Lap Swim/Water Walk 7AM-11AM			Special Olympics 11AM-12PM	Rec Swim 12PM-5PM			CLOSED AT 5PM																				
	Lane 2																															
	Lane 3								Lap Swim/Water Walk 12PM-5:00PM																							
	Lane 4																															
	Lane 5				Aqua Fit 8:30AM- 9:30AM	Lap Swim Water Walk 10AM-11AM																										
	Lane 6																															
	Lane 7																															
	Lane 8																															
Sunday	Lane 1	OPEN AT NOON								Rec Swim 12PM-5PM			CLOSED AT 5PM																			
	Lane 2																															
	Lane 3									Lap Swim/Water Walking 12PM-5PM																						
	Lane 4																															
	Lane 5																															
	Lane 6																															
	Lane 7																															
	Lane 8																															



18th St. Therapy Pool Hours:

-Monday	5:30-7:00pm
-Tuesday	9:15-11am
-Wednesday	9:15-11am
-Thursday	9:15-11am & 5:30-7:00pm
-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 at 16th Street:

- 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 MAR -MAY 2018 Hastings Family YMCA

