

March 15th, 2024 - May 11th, 2024

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	
<div>Deep Water Tue/Thu 8am-9am</div> <div>Sculpting Water Mon/Wed 6:00-6:45pm Mon/Wed/Fri 9:05am-10am</div> <div>Aquacise Mon/Wed 10:30-11:25am</div> <div>Streamline Tues 5:30-6:15 am</div> <div>Aqua Tabata Mon/Wed 5:15-5:55pm Mon/Wed/Fri 8:20-9:10am</div> <div>Aqua Fit Saturdays 8:30-9:30am</div> <div>AFYAP M/W/F: 11:30a-12p</div> <div>REC SWIM WEEKDAYS: 12-5:15pm Mon- Thurs (12-9pm Fri) &amp; 7pm-9pm Mon/Wed/Thu/Fri</div> <div>SAT/SUN: 12pm-7pm</div> <div>Lap swim changes throughout the year according to the pool activities. During busy times, you may be asked to share a lane. Please check schedule</div> <div>*Swimwear is required for ALL swim activities</div> <div>**The pool schedule is subject to change at any time.</div> <div>For aqua class descriptions, please see FITNESS SCHEDULE</div>	Monday	Lane 1	LAP SWIM						Preschool Swim Lessons 9:30AM-10:45AM (03/19; 4/8)		Preschool Lessons								Group Lessons 5:30PM-7PM (until 4/29)		REC SWIM 7PM-9PM														
		Lane 2									REC SWIM 12:00PM-5:15PM																								
		Lane 3	LAP SWIM								Lap Swim																								
		Lane 4																																	
		Lane 5	EXERCISE/WATER WALKING				Aqua Tabata 8:20AM-9:10AM		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 6																																	
		Lane 7																																	
		Lane 8																																	
	Tuesday	Lane 1	Streamline 5:30-6:15am	LAP SWIM				Preschool Swim Lessons 9:30AM-10:45AM (03/20; 4/9)			REC SWIM 12:00PM-5:15PM								EXERCISE/Lap Swim/ WATER WALKING		Lap Swim		Special Olympics 8pm-9pm (no practice 03/26)												
		Lane 2																																	
		Lane 3	LAP SWIM								Lap Swim																								
		Lane 4																																	
		Lane 5	EXERCISE/WATER WALKING				Deep Water 8-9AM		Sculpting Water 9:05-10AM		EXERCISE/Lap Swim/WATER WALKING								Group Lessons 5:30PM-7PM (until 4/30)		EXERCISE/ WATER WALKING														
		Lane 6																																	
		Lane 7																																	
		Lane 8																																	
	Wednesday	Lane 1	LAP SWIM				Preschool Swim Lessons 9:30AM-10:45AM (03/21; 4/10)				REC SWIM 12:00PM-5:15PM								EXERCISE/Lap Swim/ WATER WALKING		REC SWIM 7PM-9PM														
		Lane 2																																	
		Lane 3	LAP SWIM								Lap Swim																								
		Lane 4																																	
		Lane 5	EXERCISE/WATER WALKING				Aqua Tabata 8:20AM-9:10AM		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 6																																	
		Lane 7																																	
		Lane 8																																	
Thursday	Lane 1	LAP SWIM				Preschool Swim Lessons 9:30AM-10:45AM (03/22; 4/11)		REC SWIM 12:00PM-5:15PM								EXERCISE/Lap Swim/ WATER WALKING		REC SWIM 7PM-9PM																	
	Lane 2																																		
	Lane 3	LAP SWIM						Lap Swim																											
	Lane 4																																		
	Lane 5	EXERCISE/WATER WALKING				Deep Water 8-9AM		Sculpting Water 9:05-10AM		EXERCISE/Lap Swim/WATER WALKING								Group Lessons 5:30PM-7PM (until 5/2)		EXERCISE/Lap Swim/ WATER WALKING															
	Lane 6																																		
	Lane 7																																		
	Lane 8																																		
Friday	Lane 1	LAP SWIM								REC SWIM 12:00PM-9:00PM																									
	Lane 2																																		
	Lane 3	LAP SWIM								Lap Swim																									
	Lane 4																																		
	Lane 5	EXERCISE/WATER WALKING				Aqua Tabata 8:20AM-9:10AM		EXERCISE/WATER WALKING		AFYAP 11:30AM-12PM		EXERCISE/Lap Swim/WATER WALKING																							
	Lane 6																																		
	Lane 7																																		
	Lane 8																																		
Saturday	Lane 1	OPEN AT 7AM		LAP SWIM						Special Olympics		REC SWIM 12PM-7PM								CLOSED AT 7 PM															
	Lane 2																																		
	Lane 3			LAP SWIM																															
	Lane 4																																		
	Lane 5					Aqua Fit 8:30AM-9:30AM		EXERCISE/WATER WALKING		Uses entire pool 11am-12pm		EXERCISE/Lap Swim /WATER WALKING																							
	Lane 6																																		
	Lane 7																																		
	Lane 8																																		
Sunday	Lane 1	OPEN AT NOON								REC SWIM 12PM-7PM								CLOSED AT 7 PM																	
	Lane 2																																		
	Lane 3																																		
	Lane 4																																		
	Lane 5							LAP SWIM																											
	Lane 6																																		
	Lane 7																																		
	Lane 8																																		

Revised 03/07/2024

**\*\*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.\*\***

