

May 1st, 2024 - May 19th, 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				
Deep Water Tue/Thu 8am-9am Sculpting Water Mon/Wed 6:00-6:45pm Mon/Wed/Fri 9:05am-10am Aquacise Mon/Wed 10:30-11:25am Streamline Tues 5:30-6:15 am Aqua Tabata Mon/Wed 5:15-5:55pm Mon/Wed/Fri 8:20-9:10am Aqua Fit Saturdays 8:30-9:30am AFYAP M/W/F: 11:30a-12p REC SWIM WEEKDAYS: 12-5:15pm Mon-Thurs (12-9pm Fri) & 7pm-9pm Mon/Wed/Thu/Fri SAT/SUN: 12pm-7pm Lap swim changes through the year according to the pool activities. During busy times, you may be asked to share a lane. Please check schedule *Swimwear is required for ALL swim activities **The pool schedule is subject to change at any time. For aqua class descriptions, please see FITNESS SCHEDULE	Monday	Lane 1	LAP SWIM						REC SWIM 12:00PM-4:30PM				HYAC - Swim Team 4:30PM-6:30PM		REC SWIM 6:30PM-9PM							
	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	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	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 7	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 8	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		
Tuesday	Lane 1	Streamline 5:30-6:15am	LAP SWIM						REC SWIM 12:00PM-4:30PM				HYAC - Swim Team 4:30PM-6:30PM		REC SWIM 6:30-8PM		Lap Swim					
Lane 2	LAP SWIM						Lap Swim				Lap Swim		Lap Swim		Special Olympics 8pm-9pm							
Lane 3	LAP SWIM						Lap Swim				Lap Swim		Lap Swim		Special Olympics 8pm-9pm							
Lane 4	LAP SWIM						Lap Swim				Lap Swim		Lap Swim		Special Olympics 8pm-9pm							
Lane 5	EXERCISE/WATER WALKING		Deep Water 8-9AM		Sculpting Water 9:05-10AM		EXERCISE/Lap Swim/WATER WALKING				EXERCISE/Lap Swim/WATER WALKING		EXERCISE/Lap Swim/WATER WALKING		EXERCISE/Lap Swim/WATER WALKING							
Lane 6	EXERCISE/WATER WALKING		Deep Water 8-9AM		Sculpting Water 9:05-10AM		EXERCISE/Lap Swim/WATER WALKING				EXERCISE/Lap Swim/WATER WALKING		EXERCISE/Lap Swim/WATER WALKING		EXERCISE/Lap Swim/WATER WALKING							
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Wednesday	Lane 1	LAP SWIM						REC SWIM 12:00PM-4:30PM				HYAC - Swim Team 4:30PM-6:30PM		REC SWIM 6:30PM-9PM								
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	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			
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Thursday	Lane 1	LAP SWIM						REC SWIM 12:00PM-4:30PM				HYAC - Swim Team 4:30PM-6:30PM		REC SWIM 6:30PM-9PM								
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	EXERCISE/WATER WALKING		Deep Water 8-9AM		Sculpting Water 9:05-10AM		EXERCISE/Lap Swim/WATER WALKING				EXERCISE/Lap Swim/WATER WALKING		Group Lessons 5:30PM-7PM (only 5/2)		EXERCISE/Lap Swim/WATER WALKING							
Lane 6	EXERCISE/WATER WALKING		Deep Water 8-9AM		Sculpting Water 9:05-10AM		EXERCISE/Lap Swim/WATER WALKING				EXERCISE/Lap Swim/WATER WALKING		Group Lessons 5:30PM-7PM (only 5/2)		EXERCISE/Lap Swim/WATER WALKING							
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Friday	Lane 1	LAP SWIM						REC SWIM 12:00PM-4:30PM				HYAC - Swim Team 4:30PM-6:30PM		REC SWIM 6:30PM-9PM								
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	EXERCISE/WATER WALKING		Aqua Tabata 8:20AM-9:10AM		EXERCISE/WATER WALKING		AFYAP 11:30AM-12PM		EXERCISE/Lap Swim/WATER WALKING				EXERCISE/Lap Swim/WATER WALKING		EXERCISE/Lap Swim/WATER WALKING							
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Saturday	Lane 1	OPEN AT 7AM		LAP SWIM			Special Olympics		REC SWIM 12PM-7PM						CLOSED AT 7 PM							
Lane 2	LAP SWIM			LAP SWIM																		
Lane 3	EXERCISE/WATER WALKING		Aqua Fit 8:30AM-9:30AM		EXERCISE/WATER WALKING		Uses entire pool 11am-12pm		EXERCISE/Lap Swim /WATER WALKING													
Lane 4	EXERCISE/WATER WALKING		Aqua Fit 8:30AM-9:30AM		EXERCISE/WATER WALKING		Uses entire pool 11am-12pm		EXERCISE/Lap Swim /WATER WALKING													
Lane 5	EXERCISE/WATER WALKING		Aqua Fit 8:30AM-9:30AM		EXERCISE/WATER WALKING		Uses entire pool 11am-12pm		EXERCISE/Lap Swim /WATER WALKING													
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Lane 8	EXERCISE/WATER WALKING		Aqua Fit 8:30AM-9:30AM		EXERCISE/WATER WALKING		Uses entire pool 11am-12pm		EXERCISE/Lap Swim /WATER WALKING													
Sunday	Lane 1	OPEN AT NOON						REC SWIM 12PM-7PM						CLOSED AT 7 PM								
Lane 2	LAP SWIM							LAP SWIM														
Lane 3	LAP SWIM						LAP SWIM															
Lane 4	LAP SWIM						LAP SWIM															
Lane 5	LAP SWIM						LAP SWIM															
Lane 6	LAP SWIM						LAP SWIM															
Lane 7	LAP SWIM						LAP SWIM															
Lane 8	LAP SWIM						LAP SWIM															

Revised 04/30/2024

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.