May 31st - June 22nd, 2025 (pool closed starting June 23rd for maintenance work)

Pool Activities		5:00 AM 6:00 AM	7:00 AM	8:00 AM	9:00 AM 10:0	0 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	Lane 1 Lane 2 Lane 3 Lane 4	LAP SWIM	LAP SWIM		Group Swim Lessons 9:30-11:00am (start the week of June 9th)			REC SWIM 12:00PM-4:30PM (kids 7 and under must have a parent in water with them during rec swim) Lap Swim			\	wim Team 6:00pm	REC SWIM 6:00PM-8:45PM (kids 7 and under must have a parent in water with them during rec swim) Lap Swim			
Mon/Wed 6:00-6:45pm Aquacise M/W/F	Lane 5 Lane 6 Lane 7 Lane 8	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				
10:30-11:25am AFYAP M/W/F 11:30am-12pm	Lane 1 Lane 2 Lane 3 Lane 4	Streamline 5:30-6:15am	SWIM	10-1 *(kids 0-5	Tiny Tots Swim* 10-11AM *(kids 0-5 w/parent) Lap Swim		REC SWIM 12:00PM-4:30PM (kids 7 and under must have a parent in water with them during rec swim)						/IM 6:00PM-t nave a parent in water with Lap Swim			
Streamline Tues 5:30-6:15 am	Lane 5 Lane 6 Lane 7 Lane 8	ne 6 ne 7 EXERCISE/WATER WALKING		Deep Water 8-9AM	Water		E	EXERCISE/Lap Swim/WATER WALKING			Group Swim Lessons 5:30-7:00pm (start the week of June 9th)			Exercise/Lap S Walk		
Aqua Fit Saturdays 8:30-9:30am	Lane 1 Lane 2 Lane 3 Lane 4	LAP SWIN	LAP SWIM		Group Swim Lessons 9:30-11:00am (start the week of June 9th)			REC SWIN (kids 7 and under must have a Lap Swim	/I 12:00PM-4:30 parent in water with		A I	wim Team 6:00pm		SWIM 6:00PM-8:45PM ust have a parent in water with them during rec swire Lap Swirm		
Aqua Tabata Mon/Wed 5:15-5:55pm Mon/Wed/Fri 8:10-9:00am	Lane 5 Lane 6 Lane 7 Lane 8	EXERCISE/WATER	WALKING	Aqua Tabata 8:10AM- 9:00AM	EXERCISE/WATER WALKING	Aquacise 10:30AM- 11:25AM	AFYAP 11:30AM- 12PM	E	EXERCISE/Lap S WATER WALKII			Aqua Tabata 5:15PM- 5:55PM	Sculpting Water 6PM-6:45PM	EXERCISE/La WATER WA		
REC SWIM Mon-Thurs > 12:00-4:30pm & 6:00-8:45pm FRI > 12:00pm-8:45pm SAT/SUN: 12pm-6:45pm Rec swim hours	Lane 1 Lane 2 Lane 3 Lane 4		Tiny Tots Swim* 10-11AM *(kids 0-5 w/parent) Lap Swim				REC SWIN (kids 7 and under must have a	/ 12:00PM-4:30 parent in water with				REC SWIM 6:00PM-8:45PM (kids 7 and under must have a parent in water with them during rec swim) Lap Swim				
	Lane 5 Lane 6 Lane 7 Lane 8	EXERCISE/WATER W	Deep Water 8-9AM	EXERCISE/Lap Swim/WATER WALKING Group Swim Lessons 5:30-7:00pm (start the week of June 9th)							Exercise/Lap S Walk					
change throughout the year based on current pool events/programs and availability. Please always refer to most current schedule for Rec Swim times. *The pool ramp area is not for	Lane 1 Lane 2 Lane 3 Lane 4 Lane 5	LAP SWIM		LAP SWIM			REC SWIM 12:00PM-8:45PM (kids 7 and under must have a parent in water with them during rec swim) Lap Swim									
	Lane 5 Lane 6 Lane 7 Lane 8	EXERCISE/WATER	WALKING	Aqua Tabata 8:10AM- 9:00AM	EXERCISE/WATER WALKING	Aquacise 10:30AM- 11:25AM	AFYAP 11:30AM- 12PM	EXERCISE/Lan Swim/								
children to play/swim except during swim lesson programming when applicable. *During busy lap swim times, you may be asked to share a lane.	Lane 1 Lane 2 Lane 3 Lane 4	OPEN AT 7AM			LAP SWIM			REC SWIM 12PM-6:45PM (kids 7 and under must have a parent in water with them during rec swim) LAP SWIM (lane subject to closure depending on rec swim ratios)						AQUATICS CENTER		
	Lane 5 Lane 6 Lane 7 Lane 8	OPEN AT TAIN	EXERCISE/ WATER WALK	1 8.30	AM- EXERCISE/	EXERCISE/WATER WALKING		EXERCISE/Lap Swim /WATER WALKING					CLOSED AT 7 PM (including all spa areas)			
*Swimwear is required for ALL swim activities	Lane 1 Lane 2 Lane 3 Lane 4							REC SWIM 12PM-6:45PM (kids 7 and under must have a parent in water with them during rec swim) LAP SWIM (lane subject to closure depending on rec swim ratios)					AQUATICS CENTER			
For aqua class descriptions, please see FITNESS SCHEDULE	Lane 5 Lane 6 Lane 7 Lane 8	OPEN AT NOON						EXERCISE/Lap Swim /WATER WALKING						CLOSED AT 7 PM (including all spa areas)		

^{05/30/2025}

^{**}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. **