

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		10:00 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</div> <div>Aquacise M/W/F 10:30-11:25am</div> <div>AFYAP M/W/F 11:30am-12pm</div> <div>Streamline Tues 5:30-6:15 am</div> <div>Aqua Fit Saturdays 8:30-9:30am</div> <div>Aqua Tabata Mon/Wed 5:15-5:55pm Mon/Wed/Fri 8:10-9:00am</div>	Monday	Lane 1	LAP SWIM						Group Swim Lessons 9:30-11:00am <small>(start the week of June 9th)</small>				REC SWIM 12:00PM-4:30PM <small>(kids 7 and under must have a parent in water with them during rec swim)</small>								HYAC Swim Team 4:30-6:00pm		REC SWIM 6:00PM-8:45PM <small>(kids 7 and under must have a parent in water with them during rec swim)</small>												
		Lane 2																																	
		Lane 3																																	
		Lane 4	LAP SWIM						Lap Swim												Lap Swim														
		Lane 5	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	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						Tiny Tots Swim* 10-11AM <small>*(kids 0-5 w/parent)</small>				REC SWIM 12:00PM-4:30PM <small>(kids 7 and under must have a parent in water with them during rec swim)</small>								HYAC Swim Team 4:30-6:00pm		REC SWIM 6:00PM-8:45PM <small>(kids 7 and under must have a parent in water with them during rec swim)</small>											
	Lane 2																																		
	Lane 3																																		
	Lane 4			Lap Swim												Lap Swim																			
	Lane 5	EXERCISE/WATER WALKING						Deep Water 8-9AM	EXERCISE/Lap Swim/WATER WALKING																		Group Swim Lessons 5:30-7:00pm <small>(start the week of June 9th)</small>				Exercise/Lap Swim/Water Walking				
	Lane 6																																		
	Lane 7																																		
	Lane 8																																		
Wednesday	Lane 1	LAP SWIM							Group Swim Lessons 9:30-11:00am <small>(start the week of June 9th)</small>				REC SWIM 12:00PM-4:30PM <small>(kids 7 and under must have a parent in water with them during rec swim)</small>								HYAC Swim Team 4:30-6:00pm		REC SWIM 6:00PM-8:45PM <small>(kids 7 and under must have a parent in water with them during rec swim)</small>												
	Lane 2																																		
	Lane 3																																		
	Lane 4	LAP SWIM							Lap Swim												Lap Swim														
	Lane 5	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	Sculpting Water 6PM-6:45PM	EXERCISE/Lap Swim/ WATER WALKING										
	Lane 6																																		
	Lane 7																																		
	Lane 8																																		
Thursday	Lane 1	LAP SWIM							Tiny Tots Swim* 10-11AM <small>*(kids 0-5 w/parent)</small>				REC SWIM 12:00PM-4:30PM <small>(kids 7 and under must have a parent in water with them during rec swim)</small>								HYAC Swim Team 4:30-6:00pm		REC SWIM 6:00PM-8:45PM <small>(kids 7 and under must have a parent in water with them during rec swim)</small>												
	Lane 2																																		
	Lane 3																																		
	Lane 4	Lap Swim												Lap Swim																					
	Lane 5	EXERCISE/WATER WALKING						Deep Water 8-9AM	EXERCISE/Lap Swim/WATER WALKING																		Group Swim Lessons 5:30-7:00pm <small>(start the week of June 9th)</small>				Exercise/Lap Swim/Water Walking				
	Lane 6																																		
	Lane 7																																		
	Lane 8																																		
Friday	Lane 1	LAP SWIM								LAP SWIM								REC SWIM 12:00PM-8:45PM <small>(kids 7 and under must have a parent in water with them during rec swim)</small>																	
	Lane 2																																		
	Lane 3																																		
	Lane 4	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																			
	Lane 5																																		
	Lane 6																																		
	Lane 7																																		
	Saturday	Lane 1	OPEN AT 7AM							LAP SWIM								REC SWIM 12PM-6:45PM <small>(kids 7 and under must have a parent in water with them during rec swim)</small>												AQUATICS CENTER CLOSED AT 7 PM <small>(including all spa areas)</small>					
Lane 2																																			
Lane 3																																			
Lane 4		LAP SWIM (lane subject to closure depending on rec swim ratios)																																	
Lane 5		EXERCISE/ WATER WALKING						Aqua Fit 8:30AM-9:30AM	EXERCISE/WATER WALKING						EXERCISE/Lap Swim /WATER WALKING																				
Lane 6																																			
Lane 7																																			
Lane 8																																			
Sunday	Lane 1	OPEN AT NOON										REC SWIM 12PM-6:45PM <small>(kids 7 and under must have a parent in water with them during rec swim)</small>												AQUATICS CENTER CLOSED AT 7 PM <small>(including all spa areas)</small>											
	Lane 2																																		
	Lane 3																																		
	Lane 4											LAP SWIM (lane subject to closure depending on rec swim ratios)																							
	Lane 5											EXERCISE/Lap Swim /WATER WALKING																							
	Lane 6																																		
	Lane 7																																		
	Lane 8																																		

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.