

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							REC SWIM 12:00PM-4:30PM (kids 7 and under must have a parent in water with them during rec swim)				HYAC Swim Team 4:30-6:00pm <small>*begins 5/19 - rec swim until then</small>		REC SWIM 6:00PM-8:45PM (kids 7 and under must have a parent in water with them during rec swim)					
		Lane 2																			
		Lane 3	LAP SWIM							Lap Swim											
		Lane 4																			
		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																			
<div>AFYAP M/W/F 11:30am-12pm</div> <div>Streamline Tues 5:30-6:15 am</div>	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 (kids 7 and under must have a parent in water with them during rec swim)				HYAC Swim Team 4:30-6:00pm <small>*begins 5/20 - rec swim until then</small>		REC SWIM 6:00PM-8:00PM		Lap Swim	
		Lane 2																			
		Lane 3	Lap Swim																		
		Lane 4																			
		Lane 5	EXERCISE/WATER WALKING			Deep Water 8-9AM	EXERCISE/Lap Swim/WATER WALKING							Group Swim Lessons 5:00-7:00pm		Exercise/Lap Swim/Water Walking		Special Olympics 8PM-9PM <small>(no practice 5/13)</small>			
		Lane 6																			
		Lane 7																			
		Lane 8																			
<div>REC SWIM M/W/TH > 12:00-4:30pm & 6:00-8:45pm TUES > 12:00-4:30pm & 6:00-8:00pm FRI > 12:00pm-8:45pm SAT/SUN: 12pm-6:45pm</div> <div>Rec swim hours change throughout the year based on current pool events/programs and availability. Please always refer to most current schedule for Rec Swim times.</div>	Thursday	Lane 1	LAP SWIM					Tiny Tots Swim* 10-11AM <small>*(kids 0-5 w/parent)</small>		REC SWIM 12:00PM-4:30PM (kids 7 and under must have a parent in water with them during rec swim)				HYAC Swim Team 4:30-6:00pm <small>*begins 5/22 - rec swim until then</small>		REC SWIM 6:00PM-8:45PM (kids 7 and under must have a parent in water with them during rec swim)					
		Lane 2																			
		Lane 3	Lap Swim																		
		Lane 4																			
		Lane 5	EXERCISE/WATER WALKING			Deep Water 8-9AM	EXERCISE/Lap Swim/WATER WALKING							Group Swim Lessons 5:00-7:00pm		EXERCISE/Lap Swim/WATER WALKING					
		Lane 6																			
		Lane 7																			
		Lane 8																			
<div>*The pool ramp area is not for children to play/swim except during swim lesson programming when applicable.</div> <div>*During busy lap swim times, you may be asked to share a lane.</div>	Friday	Lane 1	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)								
		Lane 2																			
		Lane 3	Lap Swim																		
		Lane 4																			
		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										
		Lane 6																			
		Lane 7																			
		Lane 8																			
<div>*Swimwear is required for ALL swim activities</div> <div>For aqua class descriptions, please see FITNESS SCHEDULE</div>	Saturday	Lane 1	OPEN AT 7AM			LAP SWIM			Special Olympics *practices end 5/10		REC SWIM 12PM-6:45PM (kids 7 and under must have a parent in water with them during rec swim)						AQUATICS CENTER CLOSED AT 7 PM (including all spa areas)				
		Lane 2																			
		Lane 3	Lap Swim (lane subject to closure depending on rec swim ratios)																		
		Lane 4																			
		Lane 5	EXERCISE/ WATER WALKING			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																			
<div>*Swimwear is required for ALL swim activities</div> <div>For aqua class descriptions, please see FITNESS SCHEDULE</div>	Sunday	Lane 1	OPEN AT NOON							REC SWIM 12PM-6:45PM (kids 7 and under must have a parent in water with them during rec swim)						AQUATICS CENTER CLOSED AT 7 PM (including all spa areas)					
		Lane 2																			
		Lane 3	Lap Swim (lane subject to closure depending on rec swim ratios)																		
		Lane 4																			
		Lane 5	EXERCISE/Lap Swim /WATER WALKING																		
		Lane 6																			
		Lane 7																			
		Lane 8																			

****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.****