May 5th, 2025 - May 30th, 2025

| Way 5tn, 2025 - Way 30tn, 2025 | | | | | | | | | | | | | | | | | | | |
|--|---|--------------------------------------|-------------------------|----------------------------------|--|---------------|---|-------------------------------------|--|---|---|----------------------------------|--------------|---|---|---|--|---|---------|
| 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 1:0 | 0 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 | | | | | | | (kids 7 and under must have a parent in water with them during rec swim) | | | | vim) 4:30 | Swim Team -6:00pm - rec swim until then | REC SWIM 6:00PM-8:45PM (kids 7 and under must have a parent in water with them during rec | | | |
| 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 AFYAP 10:30AM-11:25AM 12PM | | | EXERCISE/Lap Swim/ WATER WALKING | | | | Aqua Tabata 5:15PM- 5:55PM | Water EAERU | | ERCISE/Lap Swim/ ATER WALKING | | | | |
| 10:30-11:25am AFYAP M/W/F | Lane 1 Lane 2 Lane 3 Lane 4 | e 2 e 3 Streamline 5:30-6:15am | | | P SWIM | | Tiny Tots Swim* 10-11AM *(kids 0-5 w/parent) Lap Swim | | | (kids 7 and under must have a parent in water with them during rec swim) | | | | vim) 4:30 | HYAC Swim Team 4:30-6:00pm *begins 5/20 - rec swim until then | | SWIM -8:00PM | Lap Swim Special | |
| 11:30am-12pm Streamline Tues 5:30-6:15 am | Lane 5 Lane 6 Lane 7 Lane 8 | EXER | EXERCISE/WATER WALKING | | | EXER | | | | RCISE/Lap Swim/WATER WALKING | | | | | Group Swim Lessons 5:00-7:00pm | | Exercise/Lap Swim/Water Walking | Olympics 8PM-9PM (no practice 5/13) | |
| Aqua Fit Saturdays 8:30-9:30am | Lane 1 Lane 2 Lane 3 | - | LAD CAMINA | | | 7 | | | | (kids 7 and under must | REC SWIM 12:00PM-4:30PM ds 7 and under must have a parent in water with them during rec swim) | | | vim) 4:30 | Swim Team -6:00pm - rec swim until then | | WIM 6:00PM-8:45PM st have a parent in water with them during rec swim) | | |
| Aqua Tabata Mon/Wed 5:15-5:55pm Mon/Wed/Fri 8:10-9:00am | Lane 4 Lane 5 Lane 6 Lane 7 Lane 8 | EXE | LAP SWIM ERCISE/WATER \ | | Aqua Tabata 8:10AM- 9:00AM | EXERCISE/WATE | ER WALKING | Aquacise 10:30AM- 11:25AM | AFYAP 11:30AM- 12PM | Lap Swim | | RCISE/Lap S ATER WALKII | | | Aqua Tabata 5:15PM- 5:55PM | Sculpting Water 6PM-6:45PM | EXERCISE/L WATER WA | | |
| 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 | Lane 1 Lane 2 Lane 3 Lane 4 | - | LAP SWIM | | | | Tiny Tots 10-11 *(kids 0-5 w, | AM | | | (kids 7 and under must have a parent in water with them during rec swim) 4:30 | | | Swim Team -6:00pm - rec swim until then | | /IM 6:00PM-8:45PM lave a parent in water with them during rec swim) Lap Swim | | | |
| | Lane 5 Lane 6 Lane 7 Lane 8 | EXERCISE/WATER WALKING | | | Deep Water 8-9AM | EXERC | | | | CISE/Lap Swim/WATER WALKING | | | | | Group Swim Lessons 5:00-7:00pm | | | EXERCISE/Lap Swim/WATER WALKING | |
| Rec swim hours change throughout the year based on current pool events/programs and availability. Please always refer to most current schedule for | Lanc 3 | e 2 LAP SWIM | | | | 7 | 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 | | | | | | | | | |
| *The pool ramp area is not for | Lane 4 Lane 5 Lane 6 Lane 7 Lane 8 | EXE | EXERCISE/WATER WALKING | | Aqua Tabata 8:10AM- 9:00AM | | CISE/WATER WALKING | | AFYAP 11:30AM- 12PM | EXERCISE/I an Swim/ | | | | | | | | | |
| children to play/swim except during swim lesson programming when applicable. *During busy lap | Lane 1 Lane 2 Lane 3 Lane 4 Lane 5 Lane 6 | OPE | OPEN AT 7AM | | LALINCISE/ 8.3 | | Special Olympics *practices end 5/10 ua Fit OAM- EXERCISE/WATER Uses entire pool | | 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) EXERCISE/Lap Swim /WATER WALKING | | | | | | AQUATICS CENTER CLOSED AT 7 PM (including all spa areas) | | | | |
| swim times, you may be asked to share a lane. *Swimwear is | Lane 7 Lane 8 Lane 1 | | | WATER WAL | VINIC: 1 | 0AM | WALKING | • | am-12pm | | | | VIM 12PM-6:4 | | | | | | |
| required for ALL swim activities For aqua class descriptions, please see | Lane 2 Lane 3 Lane 4 Lane 5 Lane 6 | OPEN AT NOON | | | | | | | | (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 CLOSED AT 7 PM (including all spa areas) | | 'PM | |
| FITNESS SCHEDULE | Lane 7 Lane 8 | | | | | | | | | EXERCISE/Lap Swim /WATER WALKING | | | | | | | | | |

^{05/05/2025}

^{**}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. **