November 15th, 2026 - December 31st, 2026

Pool Activities

Deep Water Tue/Thu
8am-9am

Sculpting Water Mon/Wed
6:00-6:45pm

Aquacise M/W/F
10:30-11:25am

AFYAP M/W/F
11:30am-12pm

Streamline Tues
5:30-6:15 am

Aqua Fit Saturdays
8:30-9:30am

Aqua Tabata Mon/Wed
5:15-5:55pm
Mon/Wed/Fri
8:10-9:00am

REC SWIM

MON-THURS > 12-4pm

FRI > 12-4pm & 8-8:45pm

SAT/SUN: 12pm-6:45pm

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.

*The pool ramp area is not for children to play/swim except during swim lesson programming when applicable.

*During busy lap swim times, you may be asked to share a lane.

*Swimwear is required for ALL swim activities

For aqua class descriptions, please see FITNESS SCHEDULE

		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
Monday	Lane 1		HHS Swim Team 5:30am-7:00am		LAP SWIM				REC SWIM 12:00PM-4:00PM (kids 7 and under must have a parent in water with them during rec swim)				HHS Swim Team 4:00-6:00PM		HYAC Swim Team 6:00-8:00PM		HC Swim Team 8PM-9PM	
	Lane 2																	
	Lane 3																	
	Lane 4		LAP SWIM						Lap Swim									
	Lane 5	EXERCISE/Lap Swim/ 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 *(kids 0-5 w/parent)		REC SWIM 12:00PM-4:00PM (kids 7 and under must have a parent in water with them during rec swim)				HHS Swim Team 4:00-6:00PM		HYAC Swim Team 6:00-8:00PM		Lap Swim	
	Lane 2																	
	Lane 3																	
	Lane 4								Lap Swim									
	Lane 5	EXERCISE/WATER WALKING			Deep Water 8-9AM	EXERCISE/Lap Swim/WATER WALKING								EXERCISE/ Lap Swim/ WATER WALKING			Special Olympics 8PM-9PM	
	Lane 6																	
	Lane 7																	
	Lane 8																	
Wednesday	Lane 1		HHS Swim Team 5:30am-7:00am		LAP SWIM				REC SWIM 12:00PM-4:00PM (kids 7 and under must have a parent in water with them during rec swim)				HHS Swim Team 4:00-6:00PM		HYAC Swim Team 6:00-8:00PM		HC Swim Team 8PM-9PM	
	Lane 2																	
	Lane 3																	
	Lane 4		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 *(kids 0-5 w/parent)		REC SWIM 12:00PM-4:00PM (kids 7 and under must have a parent in water with them during rec swim)				HHS Swim Team 4:00-6:00PM		HYAC Swim Team 6:00-8:00PM		HC Swim Team 8PM-9PM	
	Lane 2																	
	Lane 3																	
	Lane 4								Lap Swim									
	Lane 5	EXERCISE/WATER WALKING			Deep Water 8-9AM	EXERCISE/Lap Swim/WATER WALKING								EXERCISE/ Lap Swim/ WATER WALKING					
	Lane 6																	
	Lane 7																	
	Lane 8																	
Friday	Lane 1		HC Swim Team 5:30-7:15am		LAP SWIM				REC SWIM 12:00PM-4:00PM (kids 7 and under must have a parent in water with them during rec swim)				HHS Swim Team 4:00-6:00PM		HYAC Swim Team 6:00-8:00PM		REC SWIM 8-8:45PM	
	Lane 2																	
	Lane 3																	
	Lane 4								Lap Swim								Lap Swim	
	Lane 5	EXERCISE/Lap Swim/ 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																	
Saturday	Lane 1	OPEN AT 7AM		LAP SWIM			Special Olympics		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																	
	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		Uses entire pool 11am-12pm	EXERCISE/Lap Swim /WATER WALKING									
	Lane 6																	
	Lane 7																	
	Lane 8																	
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																	
	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																	

11/13/2026

****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.****