

November 16th - December 31st, 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	1:00 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 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	Monday	Lane 1	HHS Swim Team 5:30am-7:00am (starts Dec 8th)	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 8:00-8:45PM						
		Lane 2																					
		Lane 3	LAP SWIM						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																					
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	LAP SWIM						Lap Swim			Special Olympics 8PM-9PM												
	Lane 4																						
	Lane 5	EXERCISE/WATER WALKING				Deep Water 8-9AM	EXERCISE/Lap Swim/WATER WALKING						EXERCISE/Lap Swimming/WATER WALKING										
	Lane 6																						
	Lane 7																						
	Lane 8																						
Wednesday	Lane 1	HHS Swim Team 5:30am-7:00am (starts Dec 10th)	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 8:00-8:45PM							
	Lane 2																						
	Lane 3	LAP SWIM						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																						
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		REC SWIM 8:00-8:45PM							
	Lane 2																						
	Lane 3	LAP SWIM						Lap Swim			EXERCISE/Lap Swim/WATER WALKING												
	Lane 4																						
	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	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 8:00-8:45PM								
	Lane 2																						
	Lane 3	LAP SWIM						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			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				EXERCISE/ WATER WALKING			Aqua Fit 8:30AM-9:30AM	EXERCISE/WATER WALKING		Uses entire pool 11am-12pm	EXERCISE/Lap Swim /WATER WALKING											
	Lane 4																						
	Lane 5																						
	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																						
	Lane 5								LAP SWIM (lane subject to closure depending on rec swim ratios)														
	Lane 6																						
	Lane 7																						
	Lane 8																						