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	Monday	Lane 1 Lane 2 Lane 3 Lane 4	HHS Swim Team 5:30am-7:00am (starts Dec 8th) LAP SWIM EXERCISE/WATER WALKING			LAP SWIM				REC SWIM 12:00PM-4:00PM (kids 7 and under must have a parent in water with them during rec swim) Lap Swim					Swim Team -8:00PM	REC SWIM 8:00-8:45PM			
Mon/Wed 6:00-6:45pm Aquacise M/W/F		Lane 5 Lane 6 Lane 7 Lane 8				Aqua Tabata 8:10AM- 9:00AM	EXERCISE/WATER WALKING AQUACISE AFYAP 11:30AM- 11:25AM 12PM		EXERCISE/Lap Swim/WATER WALKING				Aqua Sculpting Tabata Water 5:15PM- 6PM- 5:55PM 6:45PM		EXERCISE/Lap Swim/ WATER WALKING				
10:30-11:25am AFYAP M/W/F 11:30am-12pm Streamline Tues 5:30-6:15 am	Tuesday	Lane 1 Lane 2 Lane 3	Streamline 5:30-6:15am EXERCISE/WATER WALKING			SWIM	Tiny Tots Swim* 10-11AM *(kids 0-5 w/parent) Lap Swim		REC SWIM 12:00PM-4:00PM (kids 7 and under must have a parent in water with them during rec swim)					Swim Team -8:00PM	Lap Swim				
		Lane 4 Lane 5 Lane 6 Lane 7 Lane 8				Deep Water 8-9AM				ap Swim/WATER WALKING			EXERCISE/Lap Swimming/WA			/ATER WALKING	Special Olympics 8PM-9PM		
Aqua Fit Saturdays 8:30-9:30am	Wednesday	Lane 1 Lane 2 Lane 3 Lane 4	5:3	HS Swim Team 30am-7:00am (starts Dec 10th)			LAP SWIM					2:00PM-4:00PM Int in water with them during rec swim	\	HHS Swim Team 4:00-6:00PM		REC SWI 8:00-8:45F Lap Swim			
Aqua Tabata Mon/Wed 5:15-5:55pm Mon/Wed/Fri 8:10-9:00am		Lane 5	EXERCISE/WATER V		WALKING	Aqua Tabata 8:10AM- 9:00AM	EXERCISE/WATER W	VALKING	Aquacise 10:30AM- 11:25AM	AFYAP 11:30AM- 12PM	EXE	ERCISE/Lap Swir	m/WATER WALKING		Aqua Tabata 5:15PM- 5:55PM	Sculpting Water 6PM- 6:45PM	EXERCISE/ WATER W		
REC SWIM MON-FRI > 12pm-4pm M/W/Th/F > 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.	Thursday	Lane 1 Lane 2 Lane 3 Lane 4	LAP SWIM			Tiny Tots Swim* 10-11AM *(kids 0-5 w/parent)				er must have a parer	2:00PM-4:00PM Int in water with them during rec swim Swim	HHS Sw 4:00-6			Swim Team -8:00PM	REC SWIM 8:00-8:45PM			
		Lane 5 Lane 6 Lane 7 Lane 8	EXER	Cise/Water W	Deep Water 8-9AM	EXERCISE/La				ap Swim/WATER WALKING			EXERCISE/Lap Swim/WATER WALKING						
	da	Lane 1 Lane 2 Lane 3	LAP SWIM					LAP SWIM				er must have a parer	2:00PM-4:00PM Int in water with them during rec swim Swim				Swim Team -8:00PM	REC SWIM 8:00-8:45PM Lap Swim	
		Lane 5 Lane 6 Lane 7 Lane 8	EXERCISE/WATER WALKING		WALKING	Aqua Tabata 8:10AM- 9:00AM	EXERCISE/WATER V	Aquac ER WALKING 10:30A 11:25A		AFYAP 11:30AM- 12PM	EXE	ERCISE/Lap Swir	m/WATER WALKING		EXE	RCISE/Lap Swim/WATER WAL			
children to play/swim except during swim lesson programming when applicable.	Saturday	Lane 1 Lane 2 Lane 3 Lane 4 Lane 5	OPEN AT 7AM		LAP SWIM		Special Olympics Wa Fit EVERCISE (MATER Uses			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)						AQUATICS CENTER CLOSED AT 7 PM			
*During busy lap swim times, you may be asked to share a lane.		Lane 6 Lane 7 Lane 8			EXERCISE/ WATER WALK	8:30	AM- EVEN	CISE/WA VALKING	en	Uses atire pool am-12pm	EXERCISE/Lap Swim /WATER WALKING				(incl	(including all spa areas)			
*Swimwear is required for ALL swim activities	day	Lane 1 Lane 2 Lane 3 Lane 4	<u>2</u> 3								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)							AQUATICS CENTER CLOSED AT 7 PM (including all spa areas)	
For aqua class descriptions, please see FITNESS SCHEDULE	Sunday	Lane 5 Lane 6 Lane 7 Lane 8	OPEN AT NOON						EXERCISE/Lap Swim /WATER WALKING										

Revised 11/12/25

^{**}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. **