

October 1st, 2026 - November 13th, 2026

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	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 4:30-6:30PM				no lessons: 10/12	REC SWIM 7:00-8:00PM (see age rules)		HC Swim Team 8PM-9PM							
		Lane 2																								Lap Swim									
		Lane 3																																	
		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						Group Swim Lessons 5:30-7pm				EXERCISE/Lap Swim/ WATER WALKING						
		Lane 6																					Aqua Tabata 5:15PM-5:55PM		Sculpting Water 6PM-6:45PM										
		Lane 7																																	
		Lane 8																																	
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	Tuesday	Lane 1	Streamline 5:30-6:15am		LAP SWIM								Tiny Tots Swim* 10-11AM *(kids 0-5 w/parent)				REC SWIM 12:00PM-4:30PM (kids 7 and under must have a parent in water with them during rec swim)						HYAC Swim Team 4:30-6:30PM				REC SWIM 6:30-8PM (kids 7 and under must have a parent in water with them during rec swim)		Lap Swim						
		Lane 2																																	
		Lane 3																																	
		Lane 4															Lap Swim										Lap Swim								
		Lane 5	EXERCISE/WATER WALKING						Deep Water 8-9AM		EXERCISE/Lap Swim/WATER WALKING														Group Swim Lessons 5:30-7:30pm (no lessons: 10/13)				EXERCISE/ Lap Swim/ WATER WALKING		Special Olympics 8PM-9PM				
		Lane 6																																	
		Lane 7																																	
		Lane 8																																	
Aqua Fit Saturdays 8:30-9:30am Aqua Tabata Mon/Wed 5:15-5:55pm Mon/Wed/Fri 8:10-9:00am	Wednesday	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 4:30-6:30PM				REC SWIM 6:30-8PM (kids 7 and under must have a parent in water with them during rec swim)		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																																	
REC SWIM MON > 12-4:30pm & 7-8pm T/W/Th/F > 12-4:30pm & 6:30-8pm 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	LAP SWIM												Tiny Tots Swim* 10-11AM *(kids 0-5 w/parent)				REC SWIM 12:00PM-4:30PM (kids 7 and under must have a parent in water with them during rec swim)						HYAC Swim Team 4:30-6:30PM				REC SWIM 6:30-8PM (kids 7 and under must have a parent in water with them during rec swim)		HC Swim Team 8PM-9PM				
		Lane 2																																	
		Lane 3																																	
		Lane 4													Lap Swim										Lap Swim										
		Lane 5	EXERCISE/WATER WALKING						Deep Water 8-9AM		EXERCISE/Lap Swim/WATER WALKING														Group Swim Lessons 5:30-7:30pm (no lessons: 10/15)				EXERCISE/Lap Swim/ WATER WALKING						
		Lane 6																																	
		Lane 7																																	
		Lane 8																																	
*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	Friday	Lane 1	HC Swim Team 5:30-7:15am		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 4:30-6:30PM				REC SWIM 6:30-8PM (kids 7 and under must have a parent in water with them during rec swim)		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																
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*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	Saturday	Lane 1	OPEN AT 7AM		LAP SWIM								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											LAP SWIM (lane subject to closure depending on rec swim ratios)																						
		Lane 3																																	
		Lane 4																																	
		Lane 5	EXERCISE/ WATER WALKING		Aqua Fit 8:30AM-9:30AM		EXERCISE/WATER WALKING				EXERCISE/Lap Swim /WATER WALKING																								
		Lane 6																																	
		Lane 7																																	
		Lane 8																																	
*Swimwear is required for ALL swim activities For aqua class descriptions, please see FITNESS SCHEDULE	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)																				
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