

September 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 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. *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	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: 9/7 or 10/12	REC SWIM 7:00-8:00PM (see age rules)	HC Swim Team 8PM-9PM												
		Lane 2																																	
		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																																	
	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																				
		Lane 5	EXERCISE/WATER WALKING					Deep Water 8-9AM	EXERCISE/Lap Swim/WATER WALKING										Group Swim Lessons 5:30-7:30pm (no lessons 9/1, 9/8, 10/13)		EXERCISE/ Lap Swim/ WATER WALKING		Special Olympics 8PM-9PM												
		Lane 6																																	
		Lane 7																																	
		Lane 8																																	
	Wednesday	Lane 1	HC Swim Team 5:30-7am		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																						
		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-4:30PM (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																							
	Lane 5	EXERCISE/WATER WALKING					Deep Water 8-9AM	EXERCISE/Lap Swim/WATER WALKING										Group Swim Lessons 5:30-7:30pm (no lessons 9/3, 9/10, 10/15)		EXERCISE/Lap Swim/ WATER WALKING															
	Lane 6																																		
	Lane 7																																		
	Lane 8																																		
Friday	Lane 1	LAP SWIM							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																																		
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	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																						
	Lane 6																																		
	Lane 7																																		
	Lane 8																																		
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																																		
	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			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																																		
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