

**Sept 6th - Oct 2nd, 2022**

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	
<b>Deep Water</b> Tue/Thu 8am-9am  <b>Sculpting Water</b> Mon/Wed 6-6:45pm MWF 9am-10am	Monday	Lane 1	LAP SWIM				Preschool Swim Lessons 9:30AM-10:45AM (12th & 26th only)		REC SWIM 12:00PM-4:15PM				HYAC - Swim Team 4:30PM - 6:30PM		REC SWIM 7PM-8:45PM				
		Lane 2	LAP SWIM				LAP SWIM		Lap Swim						Lap Swim				
		Lane 3	LAP SWIM				LAP SWIM		Lap Swim						Lap Swim				
		Lane 4	LAP SWIM				LAP SWIM		Lap Swim						Lap Swim				
	Lane 5	EXERCISE/WATER WALKING 5AM-8:10AM				Aqua Tabata 8:10AM-8:50AM	EXERCISE/WATER WALKING		Aquacise 10:30AM-11:30AM	AFYAP 11:30AM-12PM	EXERCISE/Lap Swim/WATER WALKING				GROUP LESSONS Aqua Tabata 5:15PM-5:55PM Sculpting Water 6:00PM-6:45PM			EXERCISE/Lap Swim/WATER WALKING	
	Lane 6	EXERCISE/WATER WALKING 5AM-8:10AM				Aqua Tabata 8:10AM-8:50AM	EXERCISE/WATER WALKING		Aquacise 10:30AM-11:30AM	AFYAP 11:30AM-12PM	EXERCISE/Lap Swim/WATER WALKING				GROUP LESSONS Aqua Tabata 5:15PM-5:55PM Sculpting Water 6:00PM-6:45PM			EXERCISE/Lap Swim/WATER WALKING	
	Lane 7	EXERCISE/WATER WALKING 5AM-8:10AM				Aqua Tabata 8:10AM-8:50AM	EXERCISE/WATER WALKING		Aquacise 10:30AM-11:30AM	AFYAP 11:30AM-12PM	EXERCISE/Lap Swim/WATER WALKING				GROUP LESSONS Aqua Tabata 5:15PM-5:55PM Sculpting Water 6:00PM-6:45PM			EXERCISE/Lap Swim/WATER WALKING	
	Lane 8	EXERCISE/WATER WALKING 5AM-8:10AM				Aqua Tabata 8:10AM-8:50AM	EXERCISE/WATER WALKING		Aquacise 10:30AM-11:30AM	AFYAP 11:30AM-12PM	EXERCISE/Lap Swim/WATER WALKING				GROUP LESSONS Aqua Tabata 5:15PM-5:55PM Sculpting Water 6:00PM-6:45PM			EXERCISE/Lap Swim/WATER WALKING	
<b>Streamline</b> Tues 5:30-6:30am  <b>Aquacise</b> M-Tu-Thu 10:35-11:30am	Tuesday	Lane 1	Streamline 5:30AM-6:30AM		LAP SWIM				Preschool Swim Lessons 9:30AM-10:45AM (13th & 27th only)		REC SWIM 12:00PM-4:15PM				HYAC - Swim Team 4:30PM - 6:30PM		REC SWIM 6:30PM-8:45PM		
		Lane 2	Streamline 5:30AM-6:30AM		LAP SWIM				LAP SWIM		Lap Swim						Lap Swim		
		Lane 3	Streamline 5:30AM-6:30AM		LAP SWIM				LAP SWIM		Lap Swim						Lap Swim		
		Lane 4	Streamline 5:30AM-6:30AM		LAP SWIM				LAP SWIM		Lap Swim						Lap Swim		
	Lane 5	EXERCISE/WATER WALKING 5AM-8AM				Deep Water 8-9AM	Sculpting Water 9AM-10AM	EXERCISE / WATER WALKING	Aquacise 10:30AM-11:30AM	EXERCISE/Lap Swim/WATER WALKING				GROUP LESSONS 5:30PM-7:00PM		EXERCISE/Lap Swim/WATER WALKING			
	Lane 6	EXERCISE/WATER WALKING 5AM-8AM				Deep Water 8-9AM	Sculpting Water 9AM-10AM	EXERCISE / WATER WALKING	Aquacise 10:30AM-11:30AM	EXERCISE/Lap Swim/WATER WALKING				GROUP LESSONS 5:30PM-7:00PM		EXERCISE/Lap Swim/WATER WALKING			
	Lane 7	EXERCISE/WATER WALKING 5AM-8AM				Deep Water 8-9AM	Sculpting Water 9AM-10AM	EXERCISE / WATER WALKING	Aquacise 10:30AM-11:30AM	EXERCISE/Lap Swim/WATER WALKING				GROUP LESSONS 5:30PM-7:00PM		EXERCISE/Lap Swim/WATER WALKING			
	Lane 8	EXERCISE/WATER WALKING 5AM-8AM				Deep Water 8-9AM	Sculpting Water 9AM-10AM	EXERCISE / WATER WALKING	Aquacise 10:30AM-11:30AM	EXERCISE/Lap Swim/WATER WALKING				GROUP LESSONS 5:30PM-7:00PM		EXERCISE/Lap Swim/WATER WALKING			
<b>Aqua Tabata</b> Mon & Wed 5:15-5:55pm MWF 8:10-8:50am  <b>Aqua Fit Sat:</b> 8:30-9:30am  <b>AFYAP</b> M: 11:30a-12p W/F: 10:45a-11:15a	Wednesday	Lane 1	LAP SWIM				Preschool Swim Lessons 9:30AM-10:45AM (every week)		Preschool Lessons		REC SWIM 12:00PM-4:15PM				HYAC - Swim Team 4:30PM - 6:30PM		REC SWIM 6:30PM-8:45PM		
		Lane 2	LAP SWIM				LAP SWIM		LAP SWIM		Lap Swim						Lap Swim		
		Lane 3	LAP SWIM				LAP SWIM		LAP SWIM		Lap Swim						Lap Swim		
		Lane 4	LAP SWIM				LAP SWIM		LAP SWIM		Lap Swim						Lap Swim		
	Lane 5	EXERCISE/WATER WALKING 5AM-8:10AM				Aqua Tabata 8:10AM-8:50AM	EXERCISE/WATER WALKING		AFYAP 10:45AM-11:15AM	EXERCISE/Lap Swim/WATER WALKING				Aqua Tabata 5:15PM-5:55PM	Sculpting Water 6PM-6:45PM	Rental: Hastings College Scuba Diving Course 7-9pm (deep end only)			
	Lane 6	EXERCISE/WATER WALKING 5AM-8:10AM				Aqua Tabata 8:10AM-8:50AM	EXERCISE/WATER WALKING		AFYAP 10:45AM-11:15AM	EXERCISE/Lap Swim/WATER WALKING				Aqua Tabata 5:15PM-5:55PM	Sculpting Water 6PM-6:45PM	Rental: Hastings College Scuba Diving Course 7-9pm (deep end only)			
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	Lane 8	EXERCISE/WATER WALKING 5AM-8:10AM				Aqua Tabata 8:10AM-8:50AM	EXERCISE/WATER WALKING		AFYAP 10:45AM-11:15AM	EXERCISE/Lap Swim/WATER WALKING				Aqua Tabata 5:15PM-5:55PM	Sculpting Water 6PM-6:45PM	Rental: Hastings College Scuba Diving Course 7-9pm (deep end only)			
<b>REC SWIM</b> MON-FRI: 12pm-4:15pm, 6:30pm-8:45pm (Mon starts @ 7pm due to group lessons) SAT/SUN: 12pm-6:45pm	Thursday	Lane 1	LAP SWIM				Preschool Swim Lessons 9:30AM-10:45AM (22nd only)		Preschool Lessons		REC SWIM 12:00PM-4:15PM				HYAC - Swim Team 4:30PM - 6:30PM		REC SWIM 6:30PM-8:45PM		
		Lane 2	LAP SWIM				LAP SWIM		LAP SWIM		Lap Swim						Lap Swim		
		Lane 3	LAP SWIM				LAP SWIM		LAP SWIM		Lap Swim						Lap Swim		
		Lane 4	LAP SWIM				LAP SWIM		LAP SWIM		Lap Swim						Lap Swim		
	Lane 5	EXERCISE/WATER WALKING 5AM-8AM				Deep Water 8-9AM	Sculpting Water 9AM-10AM	EXERCISE / WATER WALKING	Aquacise 10:30AM-11:30AM	EXERCISE/Lap Swim/WATER WALKING				GROUP LESSONS 5:30PM-7:00PM		EXERCISE/Lap Swim/WATER WALKING			
	Lane 6	EXERCISE/WATER WALKING 5AM-8AM				Deep Water 8-9AM	Sculpting Water 9AM-10AM	EXERCISE / WATER WALKING	Aquacise 10:30AM-11:30AM	EXERCISE/Lap Swim/WATER WALKING				GROUP LESSONS 5:30PM-7:00PM		EXERCISE/Lap Swim/WATER WALKING			
	Lane 7	EXERCISE/WATER WALKING 5AM-8AM				Deep Water 8-9AM	Sculpting Water 9AM-10AM	EXERCISE / WATER WALKING	Aquacise 10:30AM-11:30AM	EXERCISE/Lap Swim/WATER WALKING				GROUP LESSONS 5:30PM-7:00PM		EXERCISE/Lap Swim/WATER WALKING			
	Lane 8	EXERCISE/WATER WALKING 5AM-8AM				Deep Water 8-9AM	Sculpting Water 9AM-10AM	EXERCISE / WATER WALKING	Aquacise 10:30AM-11:30AM	EXERCISE/Lap Swim/WATER WALKING				GROUP LESSONS 5:30PM-7:00PM		EXERCISE/Lap Swim/WATER WALKING			
<b>REC SWIM</b> MON-FRI: 12pm-4:15pm, 6:30pm-8:45pm (Mon starts @ 7pm due to group lessons) SAT/SUN: 12pm-6:45pm	Friday	Lane 1	LAP SWIM				LAP SWIM		LAP SWIM		REC SWIM 12:00PM-4:15PM				HYAC - Swim Team 4:30PM - 6:30PM		REC SWIM 6:30PM-8:45PM		
		Lane 2	LAP SWIM				LAP SWIM		LAP SWIM		Lap Swim						Lap Swim		
		Lane 3	LAP SWIM				LAP SWIM		LAP SWIM		Lap Swim						Lap Swim		
		Lane 4	LAP SWIM				LAP SWIM		LAP SWIM		Lap Swim						Lap Swim		
	Lane 5	EXERCISE/WATER WALKING 5AM-8:10AM				Aqua Tabata 8:10AM-8:50AM	EXERCISE/ WATER WALKING		AFYAP 10:45AM - 11:15AM	EXERCISE/Lap Swim/WATER WALKING									
	Lane 6	EXERCISE/WATER WALKING 5AM-8:10AM				Aqua Tabata 8:10AM-8:50AM	EXERCISE/ WATER WALKING		AFYAP 10:45AM - 11:15AM	EXERCISE/Lap Swim/WATER WALKING									
	Lane 7	EXERCISE/WATER WALKING 5AM-8:10AM				Aqua Tabata 8:10AM-8:50AM	EXERCISE/ WATER WALKING		AFYAP 10:45AM - 11:15AM	EXERCISE/Lap Swim/WATER WALKING									
	Lane 8	EXERCISE/WATER WALKING 5AM-8:10AM				Aqua Tabata 8:10AM-8:50AM	EXERCISE/ WATER WALKING		AFYAP 10:45AM - 11:15AM	EXERCISE/Lap Swim/WATER WALKING									
Lap swim changes throughout the year according to the pool activities. During busy times, you may be asked to share a lane. Please check schedule  *Swimwear is required for ALL swim activities  **The pool schedule is subject to change at any time.  For aqua class descriptions, please see FITNESS SCHEDULE	Saturday	Lane 1	LAP SWIM 7AM-12PM				REC SWIM 12PM-6:45PM				REC SWIM 12PM-6:45PM				CLOSED AT 7 PM				
		Lane 2	LAP SWIM 7AM-12PM				LAP SWIM				LAP SWIM								
		Lane 3	LAP SWIM 7AM-12PM				LAP SWIM				LAP SWIM								
		Lane 4	LAP SWIM 7AM-12PM				LAP SWIM				LAP SWIM								
	Lane 5	OPEN AT 7AM				EXERCISE/ WATER WALKING		AQUA FIT 8:30-9:30	EXERCISE/WATER WALKING		EXERCISE/Lap Swim /WATER WALKING 12PM-6:45PM								
	Lane 6	OPEN AT 7AM				EXERCISE/ WATER WALKING		AQUA FIT 8:30-9:30	EXERCISE/WATER WALKING		EXERCISE/Lap Swim /WATER WALKING 12PM-6:45PM								
	Lane 7	OPEN AT 7AM				EXERCISE/ WATER WALKING		AQUA FIT 8:30-9:30	EXERCISE/WATER WALKING		EXERCISE/Lap Swim /WATER WALKING 12PM-6:45PM								
	Lane 8	OPEN AT 7AM				EXERCISE/ WATER WALKING		AQUA FIT 8:30-9:30	EXERCISE/WATER WALKING		EXERCISE/Lap Swim /WATER WALKING 12PM-6:45PM								
For aqua class descriptions, please see FITNESS SCHEDULE	Sunday	Lane 1	LAP SWIM				REC SWIM 12PM-6:45PM				REC SWIM 12PM-6:45PM				CLOSED AT 7 PM				
		Lane 2	LAP SWIM				LAP SWIM				LAP SWIM								
		Lane 3	LAP SWIM				LAP SWIM				LAP SWIM								
		Lane 4	LAP SWIM				LAP SWIM				LAP SWIM								
	Lane 5	OPEN AT NOON				EXERCISE/ WATER WALKING		EXERCISE/WATER WALKING		EXERCISE/Lap Swim /WATER WALKING 12PM-6:45PM									
	Lane 6	OPEN AT NOON				EXERCISE/ WATER WALKING		EXERCISE/WATER WALKING		EXERCISE/Lap Swim /WATER WALKING 12PM-6:45PM									
	Lane 7	OPEN AT NOON				EXERCISE/ WATER WALKING		EXERCISE/WATER WALKING		EXERCISE/Lap Swim /WATER WALKING 12PM-6:45PM									
	Lane 8	OPEN AT NOON				EXERCISE/ WATER WALKING		EXERCISE/WATER WALKING		EXERCISE/Lap Swim /WATER WALKING 12PM-6:45PM									

Revised 09/01/2022

\*\*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.\*\*