



Aquatic Schedule

May Pool Schedule 2024

| MONDAY | Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 |
|----------------|--------------------------|--------|--------|----------|--------|--------|
| 5:50-7:50 AM | Lap Lane Swim | | | | | |
| 8:00-8:45 AM | Aquacise & Deep End Swim | | | | | |
| 9:00-9:45 AM | Aquacise & Deep End Swim | | | | | |
| 10:00-11:00 AM | CLOSED | | | | | |
| 11:00-12:00 PM | CLOSED | | | | | |
| 12:00-1:00 PM | Lap Lane Swim | | | Rec Swim | | |
| 1:00-4:00 PM | Lap Lane Swim | | | Rec Swim | | |
| 4:00-6:00 PM | Lap Lane Swim | | | Rec Swim | | |
| 6:00-7:00 PM | Lap Lane Swim | | | Aqua Fit | | |
| 7:00-8:00 PM | Lap Lane Swim | | | Rec Swim | | |

| THURSDAY | Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 |
|----------------|---------------|--------------------------|--------|-------------|--------|--------|
| 5:50-8:20 AM | Lap Lane Swim | | | | | |
| 8:30-9:30 AM | Lap Lane | Aquacise & Deep End Swim | | | | |
| 9:30-10:00 AM | Lap Lane Swim | | | Rec Swim | | |
| 10:00-11:00 AM | CLOSED | | | | | |
| 11:00-12:00 PM | CLOSED | | | | | |
| 12:00-1:00 PM | Lap Lane Swim | | | Rec Swim | | |
| 1:00-5:00 PM | Lap Lane Swim | | | Rec Swim | | |
| 5:00-6:00 PM | Lap Lane Swim | | | Programming | | |
| 6:00-7:00 PM | Lap Lane Swim | | | Aqua Fit | | |
| 7:00-8:00 PM | Lap Lane Swim | | | Rec Swim | | |

| TUESDAY | Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 |
|----------------|---------------|--------------------------|--------|-------------|--------|--------|
| 5:50-8:20 AM | Lap Lane Swim | | | | | |
| 8:30-9:30 AM | Lap Lane | Aquacise & Deep End Swim | | | | |
| 9:30-10:00 AM | Lap Lane Swim | | | Rec Swim | | |
| 10:00-11:00 AM | CLOSED | | | | | |
| 11:00-12:00 PM | CLOSED | | | | | |
| 12:00-1:00 PM | Lap Lane Swim | | | Rec Swim | | |
| 1:00-4:00 PM | Lap Lane Swim | | | Rec Swim | | |
| 4:00-5:00 PM | Lap Lane Swim | | | Rec Swim | | |
| 5:00-6:15 PM | Lap Lane Swim | | | Programming | | |
| 6:15-8:00 PM | Lap Lane Swim | | | Rec Swim | | |

| FRIDAY | Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 |
|----------------|--------------------------|--------|--------|----------|--------|--------|
| 5:50-8:20 AM | Lap Lane Swim | | | | | |
| 8:30-9:30 AM | Aquacise & Deep End Swim | | | | | |
| 9:30-10:00 AM | Lap Lane Swim | | | Rec Swim | | |
| 10:00-11:00 AM | CLOSED | | | | | |
| 11:00-12:00 PM | CLOSED | | | | | |
| 12:00-1:00 PM | Lap Lane Swim | | | Rec Swim | | |
| 1:00-4:00 PM | Lap Lane Swim | | | Rec Swim | | |
| 4:00-5:00 PM | Lap Lane Swim | | | Rec Swim | | |
| 5:00-6:00 PM | Lap Lane Swim | | | Rec Swim | | |
| 6:00-8:00 PM | Lap Lane Swim | | | Rec Swim | | |

| WEDNESDAY | Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 |
|----------------|--------------------------|--------|--------|----------|--------|--------|
| 5:50-8:20 AM | Lap Lane Swim | | | | | |
| 8:30-9:30 AM | Aquacise & Deep End Swim | | | | | |
| 9:30-10:00 AM | Lap Lane Swim | | | Rec Swim | | |
| 10:00-11:00 AM | CLOSED | | | | | |
| 11:00-12:00 PM | CLOSED | | | | | |
| 12:00-1:00 PM | Lap Lane Swim | | | Rec Swim | | |
| 1:00-4:00 PM | Lap Lane Swim | | | Rec Swim | | |
| 4:00-5:00 PM | Lap Lane Swim | | | Rec Swim | | |
| 5:00-6:00 PM | Lap Lane Swim | | | Rec Swim | | |
| 6:00-8:00 PM | Lap Lane Swim | | | Rec Swim | | |

| SATURDAY | Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 |
|-----------------|---------------|--------|--------|----------|--------|--------|
| 8:00 AM-4:00 PM | Lap Lane Swim | | | Rec Swim | | |

| SUNDAY | Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 |
|-----------------|---------------|--------|--------|----------|--------|--------|
| 1:00 PM-4:00 PM | Lap Lane Swim | | | Rec Swim | | |

Youth Group Swim Lessons: Tuesday & Thursdays: 5:10pm-5:45pm & 5:45pm-6:15pm
Aqua Fit 6:15pm - 7:00pm

- Programming/Closed (Lanes/pool are closed)
- Recreational Swim
- Lap Lane Swim ONLY
- Summer Camp Kids and Recreational Swim
- Deep End Swimming only
- Swim Team Practice (Lanes/Pool Closed)

AQUATICS AGE GUIDELINES

Children **0-5 years old** must have a parent/guardian in the water.
 Children **6-10 years old** must have a parent/guardian in the pool area.
****NO Lifejackets (any age) in the Deep End****
 Children **11-12 years old** who pass the swim test may use the pool if a parent/guardian is physically at the YMCA.