



Aquatic Schedule

Current Summer 2023 Hours

MONDAY	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
5:50-8:30 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	PROGRAMMING					
11:00-12:00 PM	Lap Lane Swim		Rec Swim			
12:00-1:00 PM	Lap Lane Swim		Camp Kids & Rec Swim			
1:00-3:00 PM	Lap Lane Swim		Camp Kids & Rec Swim			
3:00-4:00 PM	Swim Team		Rec Swim			
4:00-6:30 PM	Lap Lane Swim		Programming			
6:30-8:00 PM	Swim Team		Rec Swim			

THURSDAY	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
5:50-8:30 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	PROGRAMMING					
11:00-12:00 PM	Lap Lane Swim		Rec Swim			
12:00-1:00 PM	Lap Lane Swim		Rec Swim			
1:00-3:00 PM	Lap Lane Swim		Rec Swim			
3:00-4:00 PM	Swim Team		Rec Swim			
4:00-6:30 PM	Lap Lane Swim		Programming			
6:30-8:00 PM	Swim Team		Rec Swim			

TUESDAY	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
5:50-8:30 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	PROGRAMMING					
11:00-12:00 PM	Lap Lane Swim		Rec Swim			
12:00-1:00 PM	Lap Lane Swim		Rec Swim			
1:00-3:00 PM	Lap Lane Swim		Rec Swim			
3:00-4:00 PM	Lap Lane Swim		Rec Swim			
4:00-6:30 PM	**Lap Lane Swim**		Programming			
6:30-8:00 PM	**Lap Lane Swim**		Rec Swim			

FRIDAY	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
5:50-8:30 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			
1:00-3:00 PM	Lap Lane Swim		Rec Swim			
3:00-4:00 PM	Lap Lane Swim		Rec Swim			
4:00-6:30 PM	Lap Lane Swim		Rec Swim			
6:30-8:00 PM	Lap Lane Swim		Rec Swim			

WEDNESDAY	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
5:50-8:30 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	PROGRAMMING					
11:00-12:00 PM	Lap Lane Swim		Rec Swim			
12:00-1:00 PM	Lap Lane Swim		Camp Kids & Rec Swim			
1:00-3:00 PM	Lap Lane Swim		Camp Kids & Rec Swim			
3:00-4:00 PM	Lap Lane Swim		Rec Swim			
4:00-6:30 PM	Lap Lane Swim		Programming			
6:30-8:00 PM	Lap Lane Swim		Rec Swim			

SATURDAY	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
8:00 AM - 12:00 PM	Lap Lane Swim		Rec Swim			

SUNDAY	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
CLOSED ON SUNDAY						

Youth Group Swim Lessons: Monday-Thursdays: 10:00 am, 10:35 am, 4:30 pm, 5:10 pm, 5:45 pm

Parent/Child Classes: June T/TH at 9:30 am and July T/TH 4:00 pm

Summer Swim Team: M/TH 10:00 am, 3:00 pm, 6:45 pm

****SCHEDULED SWIM MEETS: (Pool Closes at 6:00 PM) (6/20, 6/27, 7/11, 7/18, 7/25)****

	Programming (Lanes closed during this time)
	Recreational Swim
	Lap Lane Swim ONLY
	Summer Camp Kids and Recreational Swim
	Deep End Swimming only
	Swim Team Practice

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.