



AQUATIC SCHEDULE

AUGUST 2026

MONDAY	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
5:50-8:20 AM	Lap Lane Swim					
8:30-9:15 AM	Aquacise & Deep End Swim					
9:15-10:00 AM	Lap Lane Swim		Rec Swim			
10:00-11:00 AM	CLOSED					
11:00-12:00 PM						
12:00-1:00 PM	Lap Lane Swim		Rec Swim			
1:00-1:45 PM	Lap Lane Swim					
1:45-4:30PM	Lap Lane Swim					
4:30-5:00 PM	Lap Lane Swim		Programming			
5:00-6:10 PM	Lap Lane Swim					
6:10-7:00 PM	Lap Lane Swim					
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					
8:30-9:15 AM	Lap Lane Swim		Aquacise			
9:15-10:00 AM	Lap Lane Swim		Rec Swim			
10:00-11:00 AM	CLOSED					
11:00-12:00 PM						
12:00-1:00 PM	Lap Lane Swim		Rec Swim			
1:00-1:45 PM	Lap Lane Swim		Aquacise			
1:45-4:30 PM	Lap Lane Swim		Rec Swim			
4:30-5:00 PM	Lap Lane Swim		Programming			
5:00-6:15 PM	Lap Lane Swim					
6:15-7:00 PM	Lap Lane Swim					
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					
8:30-9:15 AM	Lap Lane Swim		Aquacise			
9:15-10:00 AM	Lap Lane Swim		Rec Swim			
10:00-11:00 AM	CLOSED					
11:00-12:00 PM						
12:00-1:00 PM	Lap Lane Swim		Rec Swim			
1:00-1:45 PM	Lap Lane Swim		Aquacise			
1:45-4:30 PM	Lap Lane Swim		Rec Swim			
4:30-5:00 PM	Lap Lane Swim		Programming			
5:00-6:15 PM	Lap Lane Swim					
6:15-7:00PM	Lap Lane Swim					
7:00-8:00PM	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					
8:30-9:15 AM	Aquacise & Deep End Swim					
9:15-10:00 AM	Lap Lane Swim		Rec Swim			
10:00-11:00 AM	CLOSED					
11:00-12:00 PM						
12:00-1:00 PM	Lap Lane Swim		Rec Swim			
1:00-1:45 PM						
1:45-4:30PM						
4:30-5:00 PM						
5:00-6:00 PM						
6:00-7:00 PM						
7:00-8:00 PM						

WEDNESDAY	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
5:50-8:20 AM	Lap Lane Swim					
8:30-9:15 AM	Aquacise & Deep End Swim					
9:15-10:00 AM	Lap Lane Swim		Rec Swim			
10:00-11:00 AM	Closed					
11:00-12:00 PM						
12:00-1:00 PM	Lap Lane Swim		Rec Swim			
1:00-1:45 PM	Lap Lane Swim					
1:45-4:30PM	Lap Lane Swim					
4:30-5:00 PM	Lap Lane Swim		Programming			
5:00-6:10 PM	Lap Lane Swim					
6:10-8:00 PM	Lap Lane Swim					

SATURDAY	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
8:00- 8:30 AM	Lap Lane Swim		Rec Swim			
8:30-9:15 AM	Lap Lane Swim		Aquacise			
9:15 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	Closed		Closed			

Youth Group Swim Lessons: Mondays through Thursdays 4:30pm-6:10pm

High School/Middle School Swim Team Meets: TBD

****SCHEDULED SWIM MEETS: (Pool Closes at 4:00 PM)****

	Programming/Closed (Lanes/pool are closed)
	Recreational Swim
	Lap Lane Swim ONLY
	Summer Camp Kids and Recreational Swim
	Aquacise
	Swim Team Practice (Lanes/pool are 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.