



# Aquatic Schedule

## CURRENT FALL 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	CLOSED					
11:00-12:00 PM						
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	Swim Team				Programming	
5:00-6:00 PM	Swim Team					
6:00-8:00 PM	Lap Lane Swim			Rec Swim		

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

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

THURSDAY	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
5:50-8:30 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						
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	Swim Team				Programming	
5:00-6:00 PM	Swim Team					
6:00-8:00 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						
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	Swim Team				Programming	
5:00-6:00 PM	Swim Team				Programming	
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: 4:15pm-4:45pm & 6:15pm-6:45pm

High School/Middle School Swim Team Meets: 10/30, 11/20, 12/08, 12/11, 1/19

**\*\*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
	Deep End Swimming only
	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.