



AQUATIC SCHEDULE

FALL 2026 Starting Sept 28th

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			Rec Swim		
1:45-4:00PM	Lap Lane Swim			Rec Swim		
4:00-5:00 PM	Programming					
5:00-6:00 PM	Programming			Rec Swim		
6:00-7:00 PM	Lap Lane Swim			Rec Swim		
7:00-8:00PM	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		
1:45-4:00 PM	Lap Lane Swim			Rec Swim		
4:00-5:30 PM	Programming					
5:30-6:15 PM	Lap Lane Swim			Programming		
6:15-7:00 PM	Lap Lane Swim			Aquacise		
7:00-8:00PM	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		
1:45-4:00 PM	Lap Lane Swim			Rec Swim		
4:00-5:30 PM	Programming					
5:30-6:15 PM	Lap Lane Swim			Programming		
6:15-7:00 PM	Lap Lane Swim			Aquacise		
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	Lap Lane Swim			Rec Swim		
1:45-4:30PM	Lap Lane Swim			Rec Swim		
4:30-5:00 PM	Lap Lane Swim			Rec Swim		
5:00-6:15 PM	Lap Lane Swim			Rec Swim		
6:15-7:00 PM	Lap Lane Swim			Rec Swim		
7:00-8:00PM	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					
8:30-9:15 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			Rec Swim		
1:45-4:00PM	Lap Lane Swim			Rec Swim		
4:00-5:00 PM	Programming					
5:00-6:15 PM	Lap Lane Swim			Rec Swim		
6:15-8:00 PM	Lap Lane Swim			Rec 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 & Deep End Swim		
9:15 AM - 12:00 PM	Lap Lane Swim			Rec Swim		
12:00 - 1:00 PM	Lap Lane Swim			Rec Swim		
1:00 - 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: 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.