



Aquatic Schedule

SEPTEMBER 2025 HOURS

| MONDAY | 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 | | | |
| 1:00-1:45 PM | Lap Lane Swim | | Rec Swim | | | |
| 1:45-4:00 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 | | | |

| 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 | CLOSED | | | | | |
| 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 | | | |
| 4:00-5:00 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 | | | |

| 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 | CLOSED | | | | | |
| 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 | | | |
| 4:00-5:00 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 |
|----------------|--------------------------|--------|----------|--------|--------|--------|
| 5:50-8:30 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 | | | |
| 1:00-1:45 PM | Lap Lane Swim | | Rec Swim | | | |
| 1:45-4:00 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 |
|----------------|--------------------------|--------|----------|--------|--------|--------|
| 5:50-8:30 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 | | | |
| 1:00-1:45 PM | Lap Lane Swim | | Rec Swim | | | |
| 1:45-4:00 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: Tuesdays and Thursdays 5:00pm to 6:45pm

High School/Middle School Swim Team Meets:

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

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|--|--|
| | Programming/Closed (Lanes/pool are closed) |
| | Recreational Swim |
| | Lap Lane Swim ONLY |
| | Summer Camp Kids 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.