



Aquatic Schedule

Current 2024 updated 4.15.24

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

THURSDAY	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
5:50-8:30 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		
1:00-4:00 PM	Lap Lane Swim			Rec Swim		
4:00-5:00 PM	Lap Lane Swim			Rec Swim		
5:00-6:00 PM	Lap Lane Swim			Programming		
6:00-7:00 PM	Lap Lane Swim			Aqua Fit & Deep End Swim		
7:00-8:00 PM	Lap Lane Swim			Rec Swim		

TUESDAY	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
5:50-8:30 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		
1:00-4:00 PM	Lap Lane Swim			Rec Swim		
4:00-5:00 PM	Lap Lane Swim			Rec Swim		
5:00-6:00 PM	Lap Lane Swim			Programming		
6:00-7:00 PM	Lap Lane Swim			Rec Swim		
7:00-8:00 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	CLOSED					
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	Lap Lane Swim			Rec Swim		
5:00-6:00 PM	Lap Lane Swim			Rec Swim		
6:00-7:00 PM	Lap Lane Swim			Rec Swim		
7:00-8:00 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		
1:00-4:00 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: Tuesday & Thursdays: 5:10pm-5:40pm and 5:45pm-6:15pm
 Morning Aquacise: Mondays at 8am and 9am, Tues-Fri 8:30am-9:15am | Evening Aqua Fit: 6:15pm-7pm

****SCHEDULED SUMMER SWIM MEETS TBD****

- Programming/Closed (Lanes/pool are closed)
- Recreational Swim
- Lap Lane Swim ONLY
- Summer Camp Kids and Recreational Swim
Lap Lanes and Rec Swim
- Swim Team Practice (Lanes/Pool Closed)
- Deep End Swimming only

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.