



Aquatics

MAIN POOL

NOVEMBER DECEMBER

Monday	
5:30am-8:30am	Lap Swim
8:30am-9:30am	Deep Water Jogging
9:30am-10:30am	Young at Heart
10:30am-5:30pm	Open Swim / Lap Swim
5:30pm-6:30pm	Hydrospin / 3 Lap Lane
6:30pm-9:00pm	Open Swim / 3 Lap Lanes

Thursday	
5:45am-6:45am	Hydrospin / 3 Lap Lanes
6:45am-8:30am	Lap Swim
8:30am-9:30am	Splash Fit
9:30am-10:30am	Deep Water Jogging
10:30am-9:00pm	Open Swim / Lap Swim

Tuesday	
5:45am-6:45am	Hydrospin / 3 Lap Lanes
6:45am-8:30am	Lap Swim
8:30am-9:30am	Deep Water Jogging
9:45am-10:45am	Hydrospin / 3 Lap Lanes / open swim deep
10:45am-5:30pm	Open Swim / Lap Swim
5:30pm-6:30pm	Aqua Zumba
6:45pm-7:45pm	Hydrospin / 3 Lap Lanes
7:45pm-9:00pm	Open Swim / 3 Lap Lanes

Friday	
5:30am-8:30am	Lap Swim
8:30am-9:30am	Deep Water Jogging
9:30am-10:30am	Young at Heart
10:30am-8:00pm	Open Swim / 3 Lap Lanes

Wednesday	
5:30am-8:30am	Lap Swim
8:30am-9:30am	Deep Water Jogging
9:30am-10:30am	Young at Heart
10:30am-4:00pm	Open Swim / Lap Swim
4:00pm-6:30 pm	YMCA Swim Lessons
6:30pm-9:00pm	Open Swim / Lap Swim

Saturday	
7:15am-9:00am	Lap Swim
9:00am-12:00pm	YMCA Swim Lessons
12:00pm-1:00pm	Aqua Zumba
1:00pm-2:30pm	Open Swim / Lap Swim
2:30pm-3:30pm	Pool Party by Reservation
3:30pm-4:30pm	Pool Party by Reservation

Sunday	
11:15am-2:30pm	Open Swim / Lap Swim
2:30pm-3:30pm	Pool Party by Reservation

Circle swimming is standard when lap swimming is busy. Stay to the right of the black line, switching sides when you make your turn. Hydrospin participants are able to sign up no more than 15 minutes before class. Wear water shoes. During evening Hydrospin there is NO Open Swim. 3 lanes will be given for lap swim only.

