



Effective March 1 - June 13, 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00a-7:30a Lap Swim (5 Lanes)	6:00a-8:00a Lap Swim (5 Lanes)	6:00a-7:30a Lap Swim (5 Lanes)	6:00a-8:00a Lap Swim (5 Lanes)	6:00a-7:30a Lap Swim (5 Lanes)	8:00a-9:00a Fitness Class Lap Swim (1-3 Lanes)	10:00p-3:30p Open Swim (2-3 Lanes)
7:30a - 9:30a Fitness class Lap Swim reservation (1 Lane)	8:00a-9:00a Fitness Class Lap Swim reservation (1 Lane)	7:30a - 9:30a Fitness Class Lap Swim (2 Lanes)	8:00a-9:00a Fitness Class Lap Swim reservation (1 Lane)	7:30a - 8:30a Fitness Class Lap Swim reservation (1 Lanes)	9:00a-11:00a Therapeutic Swim Lap Swim (2-3 lanes)	<p style="text-align: center;"><u>AQUATIC FITNESS CLASSES</u></p> <p>Fit-N-Flex M F 7:30-8:20a TH 9:30-10:20a</p> <p>Aquatic Fitness Variety T TH SA 8:00-8:50a</p> <p>Flow and Flex M 8:30-9:20a W 7:30-8:20a</p> <p>Aqua Beatdown M W 10:30-11:20a T TH 9:30-10:20a</p> <p>Senior Cardio & Tone* M W 9:30-10:20a</p> <p>Aqua Cardio and Tone F 9:30-10:20a</p> <p>Adult Competitive Swim T TH 10:30-11:20a</p> <p>Joyful Joints* TH 10:30-11:20a</p> <p>Fluid Fusion M W 5:30-6:30p</p> <p>*Classes designed with those 55 and better in mind.</p>
9:30a-10:30a FITNESS CLASS ONLY NO Lap Swim	9:00a-9:30a Therapeutic Swim Lap Swim (2 lanes)	9:30a-10:30a FITNESS CLASS ONLY NO Lap Swim	9:00a-9:30a Therapeutic Swim Lap Swim (2 lanes)	8:30a -9:30a Therapeutic Swim Lap Swim reservation (2 Lanes)	11:00a -3:30p Family Swim Lap Swim (2-3 Lanes)	
	9:30a-10:30a Therapeutic Swim Fitness Class NO Lap Swim		9:30a-11:30a Fitness Class Only NO Lap Swim	9:30a-10:30a Fitness Class Only NO Lap Swim	10:30a-1:00p Therapeutic Swim Lap Swim (2-3 Lanes)	
10:30a -11:30a Fitness Class Therapeutic Swim NO Lap Swim	10:30a-11:30a Fitness Class NO Lap Swim	10:30a -11:30a Fitness Class Therapeutic Swim NO Lap Swim				
11:30a- 1:00p Therapeutic Swim Lap Swim (2-3Lanes)	11:30a-1:00p 11:30 Parent Tot Lessons Therapeutic Swim Lap Swim (2-3 Lanes)	11:30a- 1:00p Therapeutic Swim Lap Swim (2-3Lanes)	11:30a - 1:00p 11:30 Parent Tot Lessons Therapeutic Swim Lap Swim (2-3 Lanes)	1:00p-4:00p Open Swim (2-3 Lanes)		
1:00 - 3:30p Open Swim (2-3 Lanes)	2:30p-3:30p Open Swim (2-3 Lanes)	1:00p - 3:30p Family Swim Lap Swim (2-3 Lanes)	2:30p - 3:30p Open Swim (2-3 Lanes)	4:00p-7:00p Family Swim Lap Swim (2-3 Lanes)		
3:30p - 5:30p Swim Lessons	3:30p - 5:30p Swim Lessons	3:30p - 5:30p Swim Lessons	3:30p - 5:30p Swim Lessons			
5:30-7:30p Fitness Class Family Swim Lap Swim (2-3 Lanes)	5:30p-7:00p Family Swim Lap swim (2-3 Lanes)	5:30-7:30p Fitness Class Family Swim Lap Swim (2-3 Lanes)	5:30p-7:00p Family Swim Lap swim (2-3 Lanes)			

Pool Closed Tuesday and Thursday 1:00pm - 2:30pm

**PLEASE NOTE:
ALL SCHEDULES ARE
SUBJECT TO CHANGE**

Children under 13 must be accompanied by an adult or enrolled in a supervised program while at the YMCA. Non-swimming children must be accompanied by an adult member while in the pool.

Swim lesson/Aquatic Fitness schedules and descriptions, and the master pool schedule are all available at our website!