



Aquatic Schedule

Current Summer 2024 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		
10:00-11:15 AM	PROGRAMMING					
11:15-12:00 PM	Lap Lane Swim			Camp Kids & Rec Swim		
12:00-1:00 PM	Lap Lane Swim			Camp Kids & Rec Swim		
1:00-3:00 PM	Lap Lane Swim			Camp Kids & Rec Swim		
3:00-4:00 PM	Swim Team			Rec Swim		
4:00-7:00 PM	Lap Lane Swim			Programming		
7:00-8:00 PM	Lap Lane Swim			Rec Swim		

THURSDAY	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
5:50-8:20 AM	Lap Lane Swim					
8:30-9:30 AM	Lap Lane	Aquacise & Deep End Swim				
9:30-10:00 AM	Lap Lane Swim			Rec Swim		
10:00-11:15 AM	PROGRAMMING					
11:15-12:00 PM	Lap Lane Swim			Rec Swim		
12:00-1:00 PM	Lap Lane Swim			Rec Swim		
1:00PM-3:00 PM	Lap Lane Swim			Rec Swim		
3:00PM-4:00 PM	Swim Team			Rec Swim		
4:00PM-5:45PM	Lap Lane Swim			Programming		
5:45pm-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					
8:30-9:30 AM	Lap Lane	Aquacise & Deep End Swim				
9:30-10:00 AM	Lap Lane Swim			Rec Swim		
10:00-11:15 AM	PROGRAMMING					
11:15-12:00 PM	Lap Lane Swim			Rec Swim		
12:00-1:00 PM	Lap Lane Swim			Rec Swim		
1:00PM-3:00 PM	Lap Lane Swim			Rec Swim		
3:00PM-4:00 PM	Lap Lane Swim			Rec Swim		
4:00PM-5:45PM	**Lap Lane Swim**			Programming		
5:45PM-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					
8:30-9:30 AM	Aquacise & Deep End Swim					
9:30-10:00 AM	Lap Lane Swim			Rec Swim		
10:00-11:15 AM	Lap Lane Swim			Rec Swim		
11:15-12:00 PM	Lap Lane Swim			Rec Swim		
12:00-1:00 PM	Lap Lane Swim			Rec Swim		
1:00-3:00 PM	Lap Lane Swim			Rec Swim		
3:00-4:00 PM	Lap Lane Swim			Rec Swim		
4:00-6:30 PM	Lap Lane Swim			Rec Swim		
6:30-8:00 PM	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					
8:30-9:30 AM	Aquacise & Deep End Swim					
9:30-10:00 AM	Lap Lane Swim			Rec Swim		
10:00-11:15 AM	PROGRAMMING					
11:15-12:00 PM	Lap Lane Swim			Camp Kids & Rec Swim		
12:00-1:00 PM	Lap Lane Swim			Camp Kids & Rec Swim		
1:00PM-3:00 PM	Lap Lane Swim			Camp Kids & Rec Swim		
3:00PM-4:00 PM	Lap Lane Swim			Rec Swim		
4:00PM-5:45PM	Lap Lane Swim			Programming		
5:45PM-8:00PM	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
CLOSED ON SUNDAY						

Youth Group Swim Lessons: Monday-Thursdays: 10:00 am, 10:35 am, 4:30 pm, 5:10 pm

Parent/Child Classes: June/July T/TH at 4:00pm-4:30pm

Summer Swim Team: M/TH 10:00 am, 3:00 pm

****SCHEDULED SWIM MEETS: (Pool Closes at 6:00 PM) (6/18, 6/25, 7/9, 7/16, 7/23)****

	Programming (Lanes closed during this time)
	Recreational Swim
	Lap Lane Swim ONLY
	Summer Camp Kids and Recreational Swim
	Deep End Swimming only
	Swim Team Practice

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.