



# Aquatic Schedule

## JANUARY 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	Swim Team					
5:00-6:00 PM	Swim Team				Lap 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		Rec Swim	Aquacise		
1:45-4:00 PM	Lap Lane Swim		Rec Swim			
4:00-5:00 PM	Swim Team					
5:00-6:00 PM	Swim Team				Programming	
6:00-8:00 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			
1:00-1:45 PM	Lap Lane Swim		Rec Swim	Aquacise		
1:45-4:00 PM	Lap Lane Swim		Rec Swim			
4:00-5:00 PM	Swim Team					
5:00-6:00 PM	Swim Team				Programming	
6:00-8:00 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			
1:00-1:45 PM	Lap Lane Swim		Rec Swim			
1:45-4:00 PM	Lap Lane Swim		Rec Swim			
4:00-5:00 PM	Swim Team					
5:00-6:00 PM	Swim Team				Lap 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	Swim Team					
5:00-6:00 PM	Swim Team				Lap 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 5:05pm to 6:45pm

High School/Middle School Swim Team Meets: Jan. 13

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

Black	Programming/Closed (Lanes/pool are closed)
Blue	Recreational Swim
Yellow	Lap Lane Swim ONLY
Green	Summer Camp Kids and Recreational Swim
Red	Deep End Swimming only
Grey	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.