| Sunday | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------------------|----------------------------|--------------------------------|--|--------------------------------|--|--------------------|
| | 1 | 2 | 3 | 4 | 5 | 6 |
| | | Therapy Pool | Therapy Pool | Therapy Pool | Therapy Pool | Therapy Pool |
| | | 5:30 AM - 12:00 PM | 5:30 AM - 12:00 PM | 5:30 AM - 12:00 PM | 5:30 AM - 12:00 PM | 8:30 AM - 4:00 PM |
| | | 4:00 PM - 6:30 PM Lap Lanes | 4:00 PM - 6:30 PM Lap Lanes | 4:00 PM - 6:30 PM Lap Lanes | 4:00 PM - 6:00 PM Lap Lanes | Lap Lanes |
| | | 5:30 AM - 12:00 PM | 5:30 AM - 12:00 PM | 5:30 AM - 12:00 PM | 5:30 AM - 12:00 PM | 8:30 AM - 4:00 PM |
| YMCA CLOSED | YMCA CLOSED | 3:30 PM - 8:00 PM | 3:30 PM - 8:00 PM | 3:30 PM - 8:00 PM | 3:30 PM - 6:00 PM | |
| Summer Hours | Summer Hours | Open Swim | Open Swim | Open Swim | Open Swim | Open Swim |
| | | 5:30 AM - 9:30 AM | 5:30 AM - 8:00 AM | 5:30 AM - 9:30 AM | 5:30 AM - 8:00 AM | 8:30 AM - 4:00 PM |
| | | 10:30 AM - 12:00 PM | 9:00 AM - 9:30 AM | 10:30 AM - 12:00 PM | 9:00 AM - 9:30 AM | |
| | | 3:30 PM - 8:00 PM | 10:30 AM - 11:00 AM 3:30 PM - 8:00 PM | 3:30 PM - 8:00 PM | 10:30 AM - 12:00 PM 3:30 PM - 6:00 PM | |
| | | | 3.30 FM = 0.00 FM | | 3.30 FM = 0.00 FM | |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| Therapy Pool | Therapy Pool | Therapy Pool | Therapy Pool | Therapy Pool | Therapy Pool | Therapy Pool |
| 12:30 PM - 4:00 PM | 5:30 AM - 12:00 PM | 5:30 AM - 12:00 PM | 5:30 AM - 12:00 PM | 5:30 AM - 12:00 PM | 5:30 AM - 12:00 PM | 8:30 AM - 9:00 AM |
| 12.501 1.001 | 4:00 PM - 6:30 PM | 4:00 PM - 4:30 PM | 4:00 PM - 5:30 PM | 4:00 PM - 4:30 PM | 4:00 PM - 6:00 PM | 11:00 - 4:00 PM |
| Lap Lanes | Lap Lanes | Lap Lanes | Lap Lanes | Lap Lanes | Lap Lanes | Lap Lanes |
| 12:30 PM - 4:00 PM | 5:30 AM - 12:00 PM | 5:30 AM - 12:00 PM | 5:30 AM - 12:00 PM | 5:30 AM - 12:00 PM | 5:30 AM - 12:00 PM | 8:30 AM - 4:00 PM |
| 12:30 PM - 4:00 PM | | | | | | 8:30 AM - 4:00 PM |
| | 3:30 PM - 8:00 PM | 3:30 PM - 8:00 PM | 3:30 PM - 8:00 PM | 3:30 PM - 8:00 PM | 3:30 PM - 6:00 PM | |
| Open Swim | Open Swim | Open Swim | Open Swim | Open Swim | Open Swim | Open Swim |
| 12:30 AM - 4:00 PM | 5:30 AM - 8:00 AM | 5:30 AM - 9:30 AM | 5:30 AM - 8:00 AM | 5:30 AM - 9:30 AM | 5:30 AM - 8:00 AM | 8:30 AM - 9:00 AM |
| | 9:00 AM - 9:30 AM | 10:30 AM - 12:00 PM | 9:00 AM - 9:30 AM | 10:30 AM - 12:00 PM | 9:00 AM - 9:30 AM | 11:00 AM - 4:00 PM |
| | 10:30 AM - 12:00 PM | 3:30 PM - 8:00 PM | 10:30 AM - 11:00 AM | 3:30 PM - 8:00 PM | 10:30 AM - 12:00 PM | |
| | 3:30 PM - 8:00 PM | | 3:30 PM - 8:00 PM | | 3:30 PM - 6:00 PM | |
| 1/ | 15 | 16 | 17 | 10 | 10 | 20 |
| 14 | | 16 | | 18 | 19 | - |
| Therapy Pool | Therapy Pool | Therapy Pool | Therapy Pool | Therapy Pool | Therapy Pool | Therapy Pool |
| 12:30 PM - 4:00 PM | 5:30 AM - 12:00 PM | 5:30 AM - 12:00 PM | 5:30 AM - 12:00 PM | 5:30 AM - 12:00 PM | 5:30 AM - 12:00 PM | 8:30 AM - 9:00 AM |
| | 4:00 PM - 6:30 PM | 4:00 PM - 4:30 PM | 4:00 PM - 5:30 PM | 4:00 PM - 4:30 PM | 4:00 PM - 6:00 PM | 11:00 - 4:00 PM |
| Lap Lanes | Lap Lanes | Lap Lanes | Lap Lanes | Lap Lanes | Lap Lanes | Lap Lanes |
| 12:30 PM - 4:00 PM | 5:30 AM - 12:00 PM | 5:30 AM - 12:00 PM | 5:30 AM - 12:00 PM | 5:30 AM - 12:00 PM | 5:30 AM - 12:00 PM | 8:30 AM - 4:00 PM |
| | 3:30 PM - 5:00 PM | 3:30 PM - 5:30 PM | 3:30 PM - 5:00 PM | 3:30 PM - 5:30 PM | 3:30 PM - 4:00 PM | |
| | 5:00 PM - 8:00 PM (1 lane) | 5:30 PM - 8:00 PM (1 lane) | 5:00 PM - 8:00 PM (1 lane) | 5:30 PM - 8:00 PM (1 lane) | 4:00 PM - 6:00 PM (1 lane) | |
| Open Swim | Open Swim | Open Swim | Open Swim | Open Swim | Open Swim | Open Swim |
| 12:30 AM - 4:00 PM | 5:30 AM - 8:00 AM | 5:30 AM - 9:30 AM | 5:30 AM - 8:00 AM | 5:30 AM - 9:30 AM | 5:30 AM - 8:00 AM | 8:30 AM - 9:00 AM |
| | 9:00 AM - 9:30 AM | 10:30 AM - 12:00 PM | 9:00 AM - 9:30 AM | 10:30 AM - 12:00 PM | 9:00 AM - 9:30 AM | 11:00 AM - 4:00 PM |
| | 10:30 AM - 12:00 PM | 3:30 PM - 5:30 PM | 10:30 AM - 11:00 AM | 3:30 PM - 5:30 PM | 10:30 AM - 12:00 PM | |
| | 3:30 PM - 5:00 PM | | 3:30 PM - 5:00 PM | | 3:30 PM - 4:00 PM | |
| | | | | | | |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| Therapy Pool | Therapy Pool | Therapy Pool | Therapy Pool | Therapy Pool | Therapy Pool | Therapy Pool |
| 12:30 PM - 4:00 PM | 5:30 AM - 12:00 PM | 5:30 AM - 12:00 PM | 5:30 AM - 12:00 PM | 5:30 AM - 12:00 PM | 5:30 AM - 12:00 PM | 8:30 AM - 9:00 AM |
| | 4:00 PM - 6:30 PM | 4:00 PM - 4:30 PM | 4:00 PM - 5:30 PM | 4:00 PM - 4:30 PM | 4:00 PM - 6:00 PM | 11:00 - 4:00 PM |
| Lap Lanes | Lap Lanes | Lap Lanes | Lap Lanes | Lap Lanes | Lap Lanes | Lap Lanes |
| 12:30 PM - 4:00 PM | 5:30 AM - 12:00 PM | 5:30 AM - 12:00 PM | 5:30 AM - 12:00 PM | 5:30 AM - 12:00 PM | 5:30 AM - 12:00 PM | 8:30 AM - 4:00 PM |
| | 3:30 PM - 5:00 PM | 3:30 PM - 5:30 PM | 3:30 PM - 5:00 PM | 3:30 PM - 5:30 PM | 3:30 PM - 4:00 PM | |
| | 5:00 PM - 8:00 PM (1 lane) | 5:30 PM - 8:00 PM (1 lane) | 5:00 PM - 8:00 PM (1 lane) | 5:30 PM - 8:00 PM (1 lane) | 4:00 PM - 6:00 PM (1 lane) | |
| Open Swim | Open Swim | Open Swim | Open Swim | Open Swim | Open Swim | Open Swim |
| 12:30 AM - 4:00 PM | 5:30 AM - 8:00 AM | 5:30 AM - 9:30 AM | 5:30 AM - 8:00 AM | 5:30 AM - 9:30 AM | 5:30 AM - 8:00 AM | 8:30 AM - 9:00 AM |
| | 9:00 AM - 9:30 AM | 10:30 AM - 12:00 PM | 9:00 AM - 9:30 AM | 10:30 AM - 12:00 PM | 9:00 AM - 9:30 AM | 11:00 AM - 4:00 PM |
| | 10:30 AM - 12:00 PM | 3:30 PM - 5:30 PM | 10:30 AM - 11:00 AM | 3:30 PM - 5:30 PM | 10:30 AM - 12:00 PM | |
| | 3:30 PM - 5:00 PM | | 3:30 PM - 5:00 PM | | 3:30 PM - 4:00 PM | |
| | | | | | | |
| 28 | 29 | 30 | | | | |
| Therapy Pool | Therapy Pool | Therapy Pool | | | T 1 | De al |
| 12:30 PM - 4:00 PM | 5:30 AM - 12:00 PM | 5:30 AM - 12:00 PM | | | Therap | y Pool |
| | 4:00 PM - 6:30 PM | 4:00 PM - 4:30 PM | | | | |
| Lap Lanes | Lap Lanes | Lap Lanes | | | | |
| 12:30 PM - 4:00 PM | 5:30 AM - 12:00 PM | 5:30 AM - 12:00 PM | | | Lap L | anes |
| | 3:30 PM - 5:00 PM | 3:30 PM - 5:30 PM | | | | |
| | 5:00 PM - 8:00 PM (1 lane) | 5:30 PM - 8:00 PM (1 lane) | | | | |
| Open Swim | Open Swim | Open Swim | | | Open | Swim |
| 12:30 AM - 4:00 PM | 5:30 AM - 8:00 AM | 5:30 AM - 9:30 AM | | | | |
| 12.30 AM - 4:00 FM | | | | | | |
| | 9:00 AM - 9:30 AM | 10:30 AM - 12:00 PM | | | | |
| | 10:30 AM - 12:00 PM | 3:30 PM - 5:30 PM | | | | |
| | 3:30 PM - 5:00 PM | | | | | |
| | | | | | | |



Aquatics

SEPTEMBER 2025

FOR YOUTH DEVELOPMENT FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY

Weekly Schedule

| Day | Time | Activity | Location |
|-----------|----------------------------|----------------------|--------------|
| Monday | 8 AM - 9:00 AM | Water Aerobics | Lap Pool |
| | 9:30 AM - 10:30 AM | Water Aerobics | Lap Pool |
| | 11 AM - 12 PM | Water Walking | Lap Pool |
| | 5 - 8 PM *Starting Sept.15 | Wavemakers | Lap Pool |
| Tuesday | 9:30 AM - 10:30 AM | Water Aerobics | Lap Pool |
| | 11 AM - 12 PM | Water Walking | Lap Pool |
| | 4:30 PM - 6:30 PM | Swim Lessons | Therapy Pool |
| | 4:30 PM - 6:30 PM | Swim Lessons | Lap Pool |
| | 5:30 PM - 8 PM* | Wavemakers | Lap Pool |
| Wednesday | 8 AM - 9:00 AM | Water Aerobics | Lap Pool |
| | 9:30 AM - 10:30 AM | Water Aerobics | Lap Pool |
| | 11 AM - 12 PM | Homeschool Open Swim | Lap Pool |
| | 5:30 PM - 6:30 PM | Swim Lessons | Therapy Pool |
| | 5 – 8 PM * | Wavemakers | Lap Pool |
| Thursday | 9:30 AM - 10:30 AM | Water Aerobics | Lap Pool |
| | 11 AM - 12 PM | Water Walking | Lap Pool |
| | 4:30 PM - 6:30 PM | Swim Lessons | Therapy Pool |
| | 4:30 PM - 6:30 PM | Swim Lessons | Lap Pool |
| | 5:30 PM - 8 PM* | Wavemakers | Lap Pool |
| Friday | 8 AM - 9:00 AM | Water Aerobics | Lap Pool |
| | 9:30 AM - 10:30 AM | Water Aerobics | Lap Pool |
| | 11 AM - 12 PM | Water Walking | Lap Pool |
| | 4 - 5:30 PM * | Wavemakers | Lap Pool |
| Saturday | 9:00 AM - 11 AM | Swim Lessons | Therapy Pool |
| | 9:00 AM - 11 AM | Swim Lessons | Lap Pool |

Water Aerobics

Water aerobics uses the natural resistance and buoyancy of water against your body, along with light water weights, to provide a wide variety of conditioning activity. No swimming required.

Water Walking

Water walking uses the natural resistance and buoyancy of water against your body to provide e a low impact workout. No swimming required.