

AQUATICS CENTER SCHEDULE
May 20th- August 16th, 2024 **

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5am-8am Fitness Swim	5am-9am Fitness Swim	5am-8am Fitness Swim	5am-9am Fitness Swim	5am-8am Fitness Swim		
8am-11am Fitness Swim/ Water Exercise Classes	8am-11am Fitness Swim/ Water Exercise Classes	8am-11am Fitness Swim/ Water Exercise Classes	8am-11am Fitness Swim/ Water Exercise Classes	8am-11am Fitness Swim/ Water Exercise Classes	7am-11am Fitness Swim	
11am-1pm Fitness Swim/Family Time Swim (no slide)	11am-1pm Fitness Swim/Family Time Swim (no slide)	11am-1pm Fitness Swim/Family Time Swim (no slide)	11am-1pm Fitness Swim/Family Time Swim (no slide)	11am-1pm Fitness Swim/Family Time Swim (no slide)	11am-4pm Member Swim (with slide)	1pm-5pm Member Swim (with slide)
1pm-4pm MEMBER SWIM	1pm-4pm MEMBER SWIM	1pm-4pm MEMBER SWIM	1pm-4pm MEMBER SWIM	1pm-4pm MEMBER SWIM		
4pm-7pm Fitness Swim/Member Swim (no slide)	4pm-7pm Fitness Swim/Member Swim (no slide)	4pm-7pm Fitness Swim/Member Swim (no slide)	4pm-7pm Fitness Swim/Member Swim (no slide) <i>*Swim Team Practice- 6:45pm</i>	4pm-7pm Fitness Swim/Member Swim (no slide)		

Aquatic Water Classes (Instructor-led classes):

Arthritis Water Classes- Monday, Wednesday, and Friday at 8AM, 9AM, & 10AM
Power Waves: Tuesday and Thursday at 10AM

Fitness Swim: Lap swimming, water walking and water exercise for adult members

Member Swim: Open swim time for Y members, youth and adult. Youth under 12 must be accompanied by an adult.

Family Time Swim: All children must be accompanied by a parent or grandparent. **Parent/grandparent must stay in the pool area at all times while child is in the water.** Fountains will be in use unless water classes are going on.

**Dates and sessions subject to change