

AQUATICS CENTER SCHEDULE
January 7th, 2025- May 17th, 2025***

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		
7am-11am Fitness Swim/ Water Exercise Classes	9am-1pm Fitness Swim/ Family Time Swim (no slide) 10am- Power Waves	7am-11am Fitness Swim/ Water Exercise Classes	9am-1pm Fitness Swim/ Family Time Swim (no slide) 10am- Power Waves	7am-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-4pm Member Swim (with slide)	1pm-5pm Member Swim (with slide)
1pm-4pm CLOSED	1pm-4pm CLOSED	1pm-4pm CLOSED	1pm-4pm CLOSED	1pm-4pm CLOSED		
4pm-7pm Fitness Swim/Member Swim (no slide) <i>*Swim Lessons</i> <i>**Swim Team</i> <i>Practice- 6:45pm</i>	4pm-7pm Fitness Swim/Member Swim (no slide) <i>*Swim</i> <i>Club/Lessons</i>	4pm-7pm Fitness Swim/Member Swim (no slide) <i>*Swim Lessons</i>	4pm-7pm Fitness Swim/Member Swim (no slide) <i>*Swim</i> <i>Club/Lessons</i> <i>**Swim Team</i> <i>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: An intense aqua workout with interval training, plyometrics, and power moves to improve cardiovascular fitness, muscular endurance, strength, and flexibility.

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.

*Swim Lessons and Swim Club sessions will be offered throughout the year.

***Dates and sessions subject to change