

*Please Note that all classes are subject to change due to demand and participation. Please use the YMCA Member App to schedule aquacise classes.

Warm Therapy Pool Schedule

TIME	MON	TUE	WED	THUR	FRI	SAT	SUN
8:00 AM	Family Swim 8am-9am	Family Swim 8am-9am	Family Swim 8am-9am	Family Swim 8am-9am	Family Swim 8am-9am	Family Swim 8am-9am	
9:00 AM	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Family Swim 9am-10am	
10:00 AM	Cardio Aquacise 10am- 10:45am	Arthritis Aquacise 10am- 10:45am	Cardio Aquacise 10am- 10:45am	Arthritis Aquacise 10am- 10:45am	Cardio Aquacise 10am- 10:45am	Swim Lessons 10am- 11am	
11:00 AM	Family Swim 11am-1pm	Family Swim 11am-1pm	Family Swim 11am-1pm	Family Swim 11am-1pm	Family Swim 11am-1pm	Family Swim 11am-1pm	
1:00 PM	Rental	Rental	Rental	Rental	Rental	Family Swim 1 pm – 3:45 pm	Family Swim 1 pm- 3:45pm
4:00 PM	Family Swim 4pm-5pm	Family Swim 4pm-5pm	Family Swim 4pm-5pm	Family Swim 4pm-5pm	Family Swim 4pm-5pm		
5:00 PM	Family Swim 5pm-6pm	Cardio Aquacise 5pm-5:45pm	Family Swim 5pm-6pm	Cardio Aquacise 5pm-5:45pm	Family Swim 5pm-6pm		
6:00 PM	Swim Lessons 6pm-7pm	Swim Lessons 6pm-7pm	Swim Lessons 6pm-7pm	Swim Lessons 6pm-7pm	Family Swim 6pm-7pm		
7:00 PM	Family Swim 7pm-8pm	Family Swim 7pm-8pm	Family Swim 7pm-8pm	Family Swim 7pm-8pm	Family Swim 7pm-8pm		
8:00 PM	Family Swim 8pm-8:45pm	Family Swim 8pm-8:45pm	Family Swim 8pm-8:45pm	Family Swim 8pm-8:45pm	Family Swim 8pm-8:45pm		

***Note: Be Prepared to share lap lanes when needed. Children under 6 years old must have a parent or guardian in the water with them.**

- 4 Lanes for VST/2 Lane Lap Swim = 4 Lanes open for VST / 2 Lanes open for lap swimming.
- 4 Lanes for LHS/2 Lane Lap Swim= 4 Lanes open for LHS/2 Lanes open for lap swimming
- Open Swim = Available swim for all members
- Lap Swim = Lap swim for members to swim laps for exercise. **NO DIVING BOARD**
- Pool Closed = The Pool is Closed
- Rental = Pool Rental Time
- Family Swim = Open to children with a parent or guardian.
- Arthritis Aquacise: A shallow water fitness class to build endurance and flexibility without stress on joints. Must sign up for class with the YMCA Member App. Please see Aquatics Director Tiffany Petts for assistance.
- Cardio Aquacise: Shallow water aerobic fitness class that helps build cardiovascular endurance to improve your overall health.