



## THURSDAY

	Lane Pool	Leisure Pool	Gym 1A	Gym 1B	Gym 2A	Gym 2B	
6:00			Open Gym 6:00-10:30		Open Gym 6:00-9:00		
6:30							
7:00	Lane Swim 6:30-9:00	Adult Open 7:00-9:00					
7:30							
8:00							
8:30				Group Power ® 9:15-10:15am			
9:00	Aquafit 9:15-10:00	Open Swim 9:00-4:00	Beginner Pickleball*** 10:30-12:30				
9:30	Open Swim/3 Lanes 10:15-10:45						
10:00	Swim to Survive / 3 Lanes 10:45-11:45						
10:30	Lane Swim 11:45-12:45		Open Gym 12:30-4:00		Kickstart 11:30-1:00		
11:00	Open/Group 1:00-2:00						
11:30	Aquafit Moderation 2:15-3:00						
12:00	Lane Swim/ School Rental				Open Gym 1:15-5:15		
12:30							
1:00							
1:30							
2:00							
2:30		Lessons (R) 4:15-6:05	Family Gym+ 4:00-5:15		Open Gym 1:15-5:15		
3:00							
3:30							
4:00	Lessons (R) 4:15-6:45	Open Swim 6:05-9:00	Get Connected (6-12yrs) 5:30-7:30	Active Kids (3-5yrs) 5:30-7:30	HIIT 5:30-6:15		
4:30			Pickleball*** 7:45-9:45				
5:00							
5:30		Adult Open Gym 7:30-9:45					
6:00							
6:30							
7:00					Strength 6:30-7:15		
7:30	Open Swim 6:45-9:00						
8:00							
8:30							
9:00							
9:30							

Youth Leadership Program (R) - Tuesday 6:00-7:30

# SUNDAY

	Lane Pool	Leisure Pool	Gym 1A	Gym 1B	Gym 2A	Gym 2B	
7:00							
7:30			Open Gym 7:00-9:45		Open Gym 7:00-10:00	Open Gym 7:00-8:45	
8:00							
8:30							
9:00	Lane Swim 9:00-10:00						Cyclefit 9:15-10:00
9:30							
10:00	Family Swim+/ 3 Lanes 10:00-11:45	Family Swim+ 10:00-1:00	Open Stretch/ (no balls) 10:00-11:30	Yoga 10:15-11:15	Open Stretch/ (no balls) 10:00-11:30	Yoga 10:15-11:15	
10:30							
11:00	10:00-11:45		Family Gym+ 11:30-12:15		Open Gym 11:30-12:30		
11:30	Lane Swim 12:00-12:45						
12:00							
12:30							
1:00	Open Swim/ 2 Lanes 1:00-4:00	Open Swim 1:00-4:00	Youth Open Gym (10-15yrs) 12:30-2:00	Birthday Parties 12:30-3:30	Family Drop in Pickleball*** 12:30-2:30		
1:30							
2:00						Youth Drop In Basketball (10-15yrs) 2:45-4:00	
2:30							
3:00							
3:30							
4:00			Open Gym 2:00-5:45	Open Gym 3:45-5:45	Open Gym 4:00-5:45		
4:30							
5:00							
5:30							

## Holiday Pool Schedule:

Lane Pool		Leisure Pool	
Family/2 Lanes	10:30 – 11:45am	Family Swim	10:30am – 1:00pm
Lane Swim	12:00 – 12:45pm	Open Swim	1:00 – 3:00pm
Open Swim/ 2 Lanes	1:00 – 2:00pm		

Registration required for all classes except L'il Dippers 1 and Adult/Teen Learn to Swim

Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lil' Dippers 1 (6 mths-5 yrs) parent participation, splashers and bubblers	5:30 - 6:00pm		10:30 - 11:00am 6:05 - 6:35pm			10:15 - 10:45am
Lil Dippers 2 (3-5 yrs) (all levels)	4:20 - 4:50pm 6:05 - 6:35pm	6:05 - 6:35pm	11:00 - 11:30am 4:55 - 5:25pm 5:30 - 6:00pm	4:20 - 4:50pm 5:30 - 6:00pm		9:05 - 9:35am 11:25 - 11:55am
Learn to Swim (6+ yrs) - otter, seal, dolphin, swimmer	4:55 - 5:25pm	4:20 - 4:50pm 5:30 - 6:00pm	4:20 - 4:50pm	4:55 - 5:25pm		9:40 - 10:10am 10:50 - 11:20am
Stars Star 1-4 (6+ yrs)	5:30 - 6:00pm	4:55 - 5:25pm	6:05 - 6:35pm	6:05 - 6:35pm		10:15 - 10:45am
Star Leadership Star 5-7	6:40 - 7:40pm	4:55 - 5:55pm		4:55 - 5:55pm	4:30 - 5:30pm	
Teen/Adult Learn to Swim (13+)			11:30am-12:00pm	7:00 - 7:30pm	Visit the Membership Desk for information on Private Swimming Lessons & Aquatic Leadership!	

Aquatic Leadership - Wednesday 6:30 -7:30

Individual program offerings are subject to change. Please speak with the Welcome Desk to confirm availability.

\*\*\*\*Pickleball is free for YMCA Members. Community Participants can pay \$10.00 per week to play.

Gym Fitness classes and Child/Youth programs require 15 minutes before and after scheduled time for setup/tear down.

Legend: Adult (13+) Program\*\*      Supervised Program      Open  
+Adult Participation is required      (R) registered programs

\*\*13-15 yr olds must complete a youth orientation prior to participating in fitness classes.

## Holiday Pool Schedule:

Lane Pool		Leisure Pool	
Family/2 Lanes	10:30 – 11:45am	Family Swim	10:30am – 1:00pm
Lane Swim	12:00 – 12:45pm	Open Swim	1:00 – 3:00pm
Open Swim/ 2 Lanes	1:00 – 3:00pm		

**Children's programs, Child Minding and fitness classes are not offered on holidays.**

## Building Hours:

Mon-Fri: 6:00am - 10:00pm  
Saturday-Sunday:  
7:00am - 6:00pm  
Holidays 7:00am - 4:00pm  
(unless otherwise stated)