



# AQUATICS SCHEDULES:

## WATER EXERCISE CLASSES, LAP SWIM, & FAMILY SWIM

**BOYE POOL Hours:** Mon.–Fri. 5am–10pm, Sat. 7am – 6:30pm, Sun. 8am – 3:30pm

**NEW POOL Hours:** Mon.–Fri. 6:30am–9:30pm, Sat. 7am – 6:30pm, Sun. 8am – 4:30pm

**Schedule Effective SEP 5 – NOV 5**

# WATER EXERCISE

	MON.	TUE.	WED.	THU.	FRI.	SAT.
6:45–7:30am	AQUACISE New Pool	AQUACISE New Pool	AQUACISE New Pool	AQUACISE New Pool	AQUACISE New Pool	
8:00–8:45am		AQUA THERAPY New Pool (8-9am)		AQUA THERAPY New Pool (8-9am)		AQUACISE New Pool
8:30–9:15am		AQUA BOOTCAMP Boye Pool				
9:30–10:30am	AQUA AEROBICS Boye Pool		DEEP WATER RUNNING Boye Pool		AQUA INTERVALS Boye Pool	
10:30–11:30am			AQUABILITIES Boye Pool			
11:00–12:00pm	AQUACISE New Pool	AQUACISE New Pool	AQUACISE New Pool	AQUACISE New Pool	AQUACISE New Pool	
12:00–1:00pm	AQUA THERAPY New Pool	AQUA YOGA New Pool	AQUA THERAPY New Pool	AQUA THERAPY New Pool		
7:30–8:30pm	AQUACISE New Pool					
7:30–8:45pm			AQUA COMBO New Pool			

## “THE LANES” SCHEDULE

# MEMBER LAP SWIM

## HOURS IN THE BOYE POOL

At least 3 LAP LANES Available

MONDAY	5:00am – 4:00pm (9:30– 10:30am) *2 Lanes Available	6:00 – 7:00pm	9:00 – 10:00pm
TUESDAY	5:00am – 4:00pm		6:00 – 10:00pm
WEDNESDAY	5:00am – 4:00pm (9:30– 10:30am) *2 Lanes Available	6:00 – 7:30pm	9:00 – 10:00pm
THURSDAY	5:00am – 4:00pm		6:00 – 10:00pm
FRIDAY	5:00am – 4:00pm (9:30– 10:30am) *2 Lanes Available		9:00 – 10:00pm
SATURDAY	8:30am – 1:00pm *1–4:30pm Lanes Available unless Sharks Swim Meet		
SUNDAY	8:00am – 3:30pm		

## HOURS IN THE NEW POOL

At least 3 LAP LANES Available

MON.	6:30 – 9:30am	8:30 – 9:30pm
TUE.	6:30 – 9:00am	8:00 – 9:30pm
WED.	6:30 – 9:00am	8:45– 9:30pm
THU.	6:30 – 9:00am	8:30 – 9:30pm
FRI.	6:30 – 9:00am	8:30 – 9:30pm
SAT.	7:00 – 8:00am	2:30–6:30pm
SUN.	8:00am – 12:30pm	3:30–4:30pm



Limited Space  
Available ALL DAY in  
the NEW POOL

**STRONG SWIMMERS  
CONFIDENT KIDS**



# FAMILY SWIM

## HOURS IN THE NEW POOL



### MONDAY

2:00 – 3:00pm  
6:30 – 7:30pm

### TUESDAY

1:30 – 2:30pm  
7:00 – 8:00pm

### WEDNESDAY

10:00 – 11:00am  
6:30 – 7:30pm

### THURSDAY

2:00 – 3:00pm  
7:00 – 8:00pm

### FRIDAY

1:00 – 2:30pm  
7:00 – 8:30pm

### SATURDAY

4:30 – 6:30pm

### SUNDAY

1:30 – 3:30pm

## NEW POOL LEISURE SWIM – 2 Lanes Available

MON.	7:30 – 9:30am	3:00 – 3:30pm	8:30 – 9:30pm
TUE.		2:30 – 3:30pm	8:30 – 9:30pm
WED.	7:30 – 9:00am	2:00 – 3:30pm	8:45 – 9:30pm
THU.		3:00 – 3:30pm	8:30 – 9:30pm
FRI.	7:30 – 9:00am	3:00 – 3:30pm	8:30 – 9:30pm
SAT.	7:00 – 8:00am		
SUN.	8:00 – 10:00am	3:30 – 4:30pm	

## FAMILY SWIM GUIDELINES

Family Swim is a scheduled recreational swim time for Full Family Members to enjoy. To ensure the safety and enjoyment for all Members, we ask that everyone adhere to the following Guidelines:

- **KICKBOARDS & NOODLES:** Permitted, please use in a safe manner.
- **YMCA WATER TOOLS:** (dumbbells, fins, hand buoys, and belts) are reserved for adult swimmers.
- **ALL BEGINNERS** regardless of age, must have an adult in the water with them at all times. Please note that no more than 2 beginner swimmers are allowed per adult. Please refer to the Pool Safety Guidelines in the pool areas with any other questions.
- **CHILDREN under the age of 7** must be accompanied by an adult in the water (within arms reach).
- **Children 7-11 yrs.** who pass the deep water test must have an adult on the pool deck or in the viewing area while the child is swimming.
- **Children 12-16 yrs.** who pass the deep water test must have an adult remain in the facility while the child is swimming.

# Ask about Children's Swim Lessons **TODAY!**

