



SMALL POOL SCHEDULE

EFFECTIVE JUNE 1, 2026 - SUBJECT TO CHANGE BASED ON NEED & DISCRETION OF Y STAFF. SPACE IS FIRST COME FIRST SERVE.

MON	TUE	WED	THU	FRI	SAT
8:40am - 10:00am Swim Lessons**	9:15am - 10:15am Gentle Aqua Lynn	8:40am - 10:00am Swim Lessons**	9:15am - 10:15am Gentle Aqua Lisa		9:00am - 11:10am Swim Lessons*
10:00am - 11:00am Silver Sneakers Splash Carol	10:30am - 12:30pm Swim Lessons**	10:00am - 11:00am Silver Sneakers Splash Carol	10:30am - 12:30pm Swim Lessons**	10:00am - 11:00am Silver Sneakers Splash Carol	11:15am - 5:45pm Rec Swim***
11:00am - 12:00pm Gentle Aqua Carol		11:00am - 12:00pm Gentle Aqua Carol		11:00am - 12:00pm Gentle Aqua Carol	SUN
12:30pm - 3:45pm Rec Swim	12:30pm - 3:45pm Day Camp*	12:30pm - 3:45pm Rec Swim	12:30pm - 3:45pm Day Camp*	12:30pm - 7:45pm Rec Swim	12:00pm - 5:45pm Rec Swim***
3:45pm - 7:00pm Swim Lessons*	3:45pm - 7:00pm Swim Lessons*	3:45pm - 7:00pm Swim Lessons*	3:45pm - 7:00pm Swim Lessons*	4:00pm - 8:00pm Hot Tub Closed for cleaning and maintenance.	<p>*Pool unavailable **Select areas of small pool available ***Pool may be unavailable 1:00pm - 3:00pm for private reservations.</p>
7:00pm - 8:00pm Rec Swim	7:00pm - 8:00pm Rec Swim	7:00pm - 8:00pm Rec Swim	7:00pm - 8:00pm Rec Swim		

WATER WALKING MON-FRI 9:00 AM - 12:30 PM

GENTLE AQUA

Focus on stretching and movement to reduce pain and stiffness while increasing range of motion in the joint and improving mobility and your ability to perform activities of daily living.

SILVER SNEAKERS SPLASH

A water aerobics and strength class designed for all skill levels, even non-swimmers. This aqua exercise class offers a high energy workout that reduces impact on your knees and back.

DEEP WATER

Is deep water harder than shallow water? No. Workouts can be equally effective in shallow or deep water. Deep water classes are different in that participants have no contact with the pool bottom. Different water dynamics affect movements in the deep water and provide a different workout that will help the range of motion, posture, and balance in addition to developing the cardiovascular system. Deep water classes are performed using floatation equipment, so participants can focus on proper form and technique.

SHALLOW WATER

What are the advantages to shallow water? Shallow water reduces the effect of gravity in waist to chest deep water. 50% - 70% of a person's body weight is supported by the water. Since there is still contact with the bottom of the pool movements are more similar to those on land.



LARGE POOL SCHEDULE

EFFECTIVE JUNE 1, 2026 - SUBJECT TO CHANGE BASED ON NEED & DISCRETION OF Y STAFF. LANES ARE FIRST COME FIRST SERVE.

MON	TUE	WED	THU	FRI	SAT
5:00am - 8:45am Lap Swim 6 Lanes	5:00am - 8:45am Lap Swim 6 Lanes	5:00am - 8:45am Lap Swim 6 Lanes	5:00am - 8:45am Lap Swim 6 Lanes	5:00am - 8:45am Lap Swim 6 Lanes	7:00am - 7:45am Lap Swim 6 Lanes
9:00am - 10:00am Aqua Zumba or Total Fitness Staff	9:00am - 10:00am Total Fitness Shallow Water Becky	9:00am - 10:00am Total Fitness Deep Water Manuela	9:00am - 10:00am Total Fitness Shallow Water Becky	9:00am - 10:00am Total Fitness Deep Water Carol	8:00am - 9:00am Total Fitness Deep Water Becky
10:05am - 12:45pm Lap Swim 4 Lanes Swim Lessons 2 Lanes	10:00am - 11:00am Total Fitness Deep Water Becky Swim Lessons 1 lane	10:05am - 12:30pm Lap Swim 4 Lanes Swim Lessons 2 Lanes	10:00am - 11:00am Total Fitness Deep Water Becky Swim Lessons 1 lane	10:05am - 12:30pm Lap Swim 6 Lanes**	9:00am - 11:10am Lap Swim 3 Lanes Swim Lessons 3 Lanes
	11:15am - 12:45pm Lap Swim 5 Lanes Swim Lessons 1 lane		11:15am - 12:45pm Lap Swim 5 Lanes Swim Lessons 1 lane		11:15am - 5:45pm Lap Swim 4 Lanes** Rec Swim 2 Lanes
12:45pm - 3:45pm Lap Swim 4 Lanes** Rec Swim 2 Lanes	12:45pm - 3:45pm Lap Swim 4 Lanes** Rec Swim 2 Lanes	12:30pm - 2:30pm Lap Swim 4 Lanes** Day Camp 2 Lanes	12:45pm - 3:45pm Lap Swim 4 Lanes** Rec Swim 2 Lanes	12:30pm - 2:30pm Lap Swim 4 Lanes** Day Camp 2 Lanes	
		2:30pm - 3:45pm Lap Swim 4 Lanes** Rec Swim 2 Lanes		2:30pm - 7:45pm Lap Swim 4 Lanes** Rec Swim 2 Lanes	
3:45pm - 7:00pm Swim Lessons*	3:45pm - 7:00pm Swim Lessons*	3:45pm - 7:00pm Swim Lessons*	3:45pm - 7:00pm Swim Lessons*		
7:00pm - 8:45pm Lap Swim 4 Lanes** Rec Swim 2 Lanes	7:00pm - 8:45pm Lap Swim 4 Lanes** Rec Swim 2 Lanes	7:00pm - 8:45pm Lap Swim 4 Lanes** Rec Swim 2 Lanes	7:00pm - 8:45pm Lap Swim 4 Lanes** Rec Swim 2 Lanes	4:00pm - 8:00pm Hot Tub Closed for cleaning and maintenance.	

SUN

12:00pm - 5:45pm
Lap Swim
4 Lanes**
Rec Swim
2 Lanes

*Pool unavailable
**1 Lane reserved for private swim lessons as needed

AQUA ZUMBA

Blends Zumba philosophy with water resistance, for a pool party you can't miss! There's less impact on your joints, so you can really let loose. Water creates natural resistance, meaning every step is more challenging to help tone your muscles!

TOTAL FITNESS, DEEP WATER

Targets cardio fitness, cardio endurance, muscular toning, and balance with no impact. Buoyancy belts are used for flotation and safety. Different intensity options offered.

TOTAL FITNESS, SHALLOW WATER

Targets cardio fitness, muscular strength, endurance, and balance. Provides a great aerobic workout with less stress on the knees, ankles, and lower back. Different intensity options offered. Waist to chest water depth.