



SMALL POOL SCHEDULE

EFFECTIVE AUGUST 17TH, 2026 – SUBJECT TO CHANGE BASED ON NEED & DISCRETION OF Y STAFF. SPACE IS FIRST COME FIRST SERVE.

MON	TUE	WED	THU	FRI	SAT
<u>8:45am – 9:50am</u> Swim Lessons <u>9am – 9:50am</u> Rec Swim**	<u>9:15am – 10:15am</u> Gentle Aqua Lynn	<u>8:45am – 9:50am</u> Swim Lessons <u>9am – 9:50am</u> Rec Swim**	<u>9:15am – 10:15am</u> Gentle Aqua Staff	<u>9am – 9:50am</u> Rec Swim**	<u>9:00am – 11:00am</u> Swim Lessons* Small Pool Unavailable
<u>10:00am – 11:00am</u> Silver Sneakers Splash Carol	<u>10:30am – 11:45am</u> Swim Lessons <u>10:30am – 11:45am</u> Rec Swim**	<u>10:00am – 11:00am</u> Silver Sneakers Splash Carol	<u>10:30am – 11:45am</u> Swim Lessons <u>10:30am – 11:45am</u> Rec Swim**	<u>10:00am – 11:00am</u> Silver Sneakers Splash Carol	<u>11:05am – 5:45pm</u> Rec Swim (Adaptive Swim Lessons beginning 9/5. Small Pool Unavailable 12pm–4pm)*
<u>11:00am – 12:00pm</u> Gentle Aqua Carol		<u>11:00am – 12:00pm</u> Gentle Aqua Carol		<u>11:00am – 12:00pm</u> Gentle Aqua Carol	
<u>12:10pm – 3:45pm</u> Rec Swim	<u>11:45pm – 3:45pm</u> Rec Swim	<u>12:10pm – 3:45pm</u> Rec Swim	<u>11:45pm – 3:45pm</u> Rec Swim	<u>12:10pm – 7:45pm</u> Rec Swim	
<u>3:45pm – 7:00pm</u> Swim Lessons <u>6:00pm – 7:00pm</u> Rec Swim**	<u>3:45pm – 7:00pm</u> Swim Lessons <u>6:00pm – 7:00pm</u> Rec Swim**	<u>3:45pm – 7:00pm</u> Swim Lessons <u>6:00pm – 7:00pm</u> Rec Swim**	<u>3:45pm – 7:00pm</u> Swim Lessons <u>6:00pm – 7:00pm</u> Rec Swim**	<u>4:00pm – 8:00pm</u> Hot Tub Closed for cleaning and maintenance.	
<u>7:00pm – 8:00pm</u> Rec Swim	<u>7:00pm – 8:00pm</u> Rec Swim	<u>7:00pm – 8:00pm</u> Rec Swim	<u>7:00pm – 8:00pm</u> Rec Swim		

SUN

12:00pm – 5:45pm
Rec Swim***

*Pool unavailable
**Select areas of
small pool
available
***Pool may be
unavailable 1pm–
2pm

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

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 persons 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 AUGUST 17TH, 2026 – SUBJECT TO CHANGE BASED ON NEED & DISCRETION OF Y STAFF. LANES ARE FIRST COME FIRST SERVE.

MON	TUE	WED	THU	FRI	SAT
<u>5:00am – 8:45am</u> Lap Swim 6 Lanes	<u>5:00am – 8:45am</u> Lap Swim 6 Lanes	<u>5:00am – 8:45am</u> Lap Swim 6 Lanes	<u>5:00am – 8:45am</u> Lap Swim 6 Lanes	<u>5:00am – 8:45am</u> Lap Swim 6 Lanes	<u>7:00am – 7:45am</u> Lap Swim 6 Lanes
<u>9:00am – 10:00am</u> Total Fitness Staff	<u>9:00am – 10:00am</u> Total Fitness Shallow Water Becky	<u>9:00am – 10:00am</u> Total Fitness Deep Water Manuela	<u>9:00am – 10:00am</u> Total Fitness Shallow Water Becky	<u>9:00am – 10:00am</u> Total Fitness Deep Water Carol	<u>8:00am – 9:00am</u> Total Fitness Deep Water Becky
<u>10:15am – 12:30pm</u> Lap Swim** 5 Lanes Swim Lessons 1 Lane	<u>10:00am – 11:00am</u> Total Fitness Deep Water Becky <u>11:15am – 12:30pm</u> Lap Swim** 6 Lanes	<u>10:15am – 12:30pm</u> Lap Swim** 5 Lanes Swim Lessons 1 Lane	<u>10:00am – 11:00am</u> Total Fitness Deep Water Becky <u>11:15am – 12:30pm</u> Lap Swim** 6 Lanes	<u>10:15am – 12:30pm</u> Lap Swim** 6 Lanes	<u>9:00am – 11:10am</u> Lap Swim 3 Lanes Swim Lessons 3 Lanes
<u>12:30pm – 1:15pm</u> Lap Swim** 4 Lanes Rec Swim 2 Lanes	<u>12:30pm – 3:45pm</u> Lap Swim** 4 Lanes Rec Swim 2 Lanes	<u>12:30pm – 1:15pm</u> Lap Swim** 4 Lanes Rec Swim 2 Lanes	<u>12:30pm – 12:55pm</u> Lap Swim** 4 Lanes Rec Swim 2 Lanes	<u>12:30pm – 7:45pm</u> Lap Swim** 4 Lanes Rec Swim 2 Lanes	<u>11:15am – 1:00pm</u> Lap Swim** 6 Lanes <u>1:00pm – 5:45pm</u> Lap Swim** 4 Lanes Rec Swim 2 Lanes (Adaptive Swim Lessons beginning 9/5, 1 lane reserved 12pm–4pm)*
<u>1:15pm – 2:40pm</u> Lap Swim** 3 Lanes Private Res. 3 Lanes		<u>1:15pm – 2:40pm</u> Lap Swim** 3 Lanes Private Res. 3 Lanes	<u>12:55pm – 2:00pm</u> Lap Swim** 2 Lanes Surf & Turf*** 2 Lanes – 9/1-11/19 Rec Swim 2 Lanes		
<u>2:40pm – 3:45pm</u> Lap Swim** 4 Lanes Rec Swim 2 Lanes		<u>2:40pm – 3:45pm</u> Lap Swim** 4 Lanes Rec Swim 2 Lanes	<u>2:00pm – 3:45pm</u> Lap Swim** 4 Lanes Rec Swim 2 Lanes		SUN
<u>3:45pm – 7:00pm</u> Swim Lessons Lap Swim** 2 Lanes	<u>3:45pm – 7:00pm</u> Swim Lessons Lap Swim 1 Lane	<u>3:45pm – 7:00pm</u> Swim Lessons Lap Swim** 2 Lanes	<u>3:45pm – 7:00pm</u> Swim Lessons Lap Swim 1 Lane	<u>4:00pm – 8:00pm</u> Hot Tub Closed for cleaning and maintenance.	<u>12:00pm – 5:45pm</u> Lap Swim** 4 Lanes Rec Swim 2 Lanes
<u>7:00pm – 8:45pm</u> Lap Swim** 4 Lanes Rec Swim 2 Lanes	<u>7:00pm – 8:45pm</u> Lap Swim** 4 Lanes Rec Swim 2 Lanes	<u>7:00pm – 8:45pm</u> Lap Swim** 4 Lanes Rec Swim 2 Lanes	<u>7:00pm – 8:45pm</u> Lap Swim** 4 Lanes Rec Swim 2 Lanes		*Pool unavailable **1 Lane reserved for private swim lessons as needed ***Paid Program

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.