



PRISMA HEALTH FAMILY YMCA

AQUATICS SCHEDULE

August 21 - October 15, 2023

MONDAY

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
5:00-8:30am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
8:30-11:20am	Aqua Fitness	Aqua Fitness	Aqua Fitness	Aqua Fitness	Aqua Fitness	Aqua Fitness	Lap Swim	Lap Swim
11:20am-4:30pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
4:30-6:45pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons
6:45-7:30pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Swim Lessons	Swim Lessons
7:30-8:30pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim

TUESDAY

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
5:00-8:30am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
8:30-10:30am	Aqua Fitness	Aqua Fitness	Aqua Fitness	Aqua Fitness	Lap Swim	Lap Swim	Lap Swim	Lap Swim
10:30am-4:00pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
4:00-4:30pm	Open Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
4:30-5:30pm	Open Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Swim Lessons	Swim Lessons	Swim Lessons
5:30-7:30pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons
7:30-8:30pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim

WEDNESDAY

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
5:00-8:30am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
8:30-11:20am	Aqua Fitness	Aqua Fitness	Aqua Fitness	Aqua Fitness	Aqua Fitness	Aqua Fitness	Lap Swim	Lap Swim
11:20am-4:00pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
4:00-4:30pm	Open Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
4:30-5:30pm	Open Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Swim Lessons	Swim Lessons	Swim Lessons
5:30-6:45pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons
6:45-7:30pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Swim Lessons	Swim Lessons
7:30-8:30pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim

THURSDAY

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
5:00-8:30am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
8:30-10:30am	Aqua Fitness	Aqua Fitness	Aqua Fitness	Aqua Fitness	Lap Swim	Lap Swim	Lap Swim	Lap Swim
10:30am-4:30pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
4:30-5:15pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Swim Lessons	Swim Lessons	Swim Lessons
5:15-6:45pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons
6:45-7:30pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Swim Lessons	Swim Lessons
7:30-8:30pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim

FRIDAY

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
5:00-8:30am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
8:30-11:20am	Aqua Fitness	Aqua Fitness	Aqua Fitness	Aqua Fitness	Aqua Fitness	Aqua Fitness	Lap Swim	Lap Swim
11:20am-5:00pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
5:00-8:30pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Open Swim	Open Swim

SATURDAY

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
7:00-8:30am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
8:30-9:30am	Aqua Fitness	Aqua Fitness	Aqua Fitness	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
9:30-11:45am	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Lap Swim	Lap Swim	Lap Swim	Lap Swim
11:45-12:30pm	Swim Lessons	Swim Lessons	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Open Swim	Open Swim
12:30-4:30pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Open Swim	Open Swim	Open Swim

SUNDAY

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
1:00-4:30pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Open Swim	Open Swim	Open Swim

NOTE: THIS SCHEDULE IS SUBJECT TO CHANGE AT ANYTIME WITHOUT NOTICE TO BETTER FIT THE NEEDS OF ALL YMCA MEMBERS, GUESTS, AND USER GROUPS. WE APPRECIATE YOUR UNDERSTANDING AS WE TRY TO USE THE SPACE IN THE AQUATIC CENTER IN THE BEST WAY POSSIBLE TO BETTER SERVE EVERYONE.

ACTIVITY DESCRIPTIONS

Lane Locations	Lane 1: Closest to the	Lane 8: Closest to
Aqua Fitness	Aqua Exercise classes are taught by Certified Instructors. For more information see the aqua exercise schedule.	
Open Swim	During family fun swim individuals and family's of all ages are welcome with the appropriate adult supervision.	
Swim Policy	Children 5 and under must have an adult guardian in the pool within arm's reach at all times.	
	Ages 6-12 must have an adult guardian on deck or in the pool at all times AND also must either pass a swim test OR wear an approved lifejacket in the pool area.	
	Ages 13-14 need to pass a swim test OR wear an approved lifejacket in the pool area. Adult supervision is not required.	
Lap Swim	Lap swim will include any activity involving moving back and forth in a lane, including water walking. Open swim or playing is not included. Spaces are on a first come first served basis. Sharing of lanes is encouraged.	
Swim Lessons	Helps learn how to swim from begginer to swimming laps. All ages (sign up at the front desk)	

Aquatics Facility (Pool / Steamroom / Spa / Sauna) **CLOSES 30 MINUTES** before the facility closes.