



PRISMA HEALTH FAMILY YMCA

AQUATICS SCHEDULE

April 1 - May 26

MONDAY								
Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
5:00-8:15am	Lap Swim							
8:15-11:20am	Aqua Fitness					Lap Swim		
11:20am-4:30pm	Lap Swim							
4:30-6:00pm	Lap Swim				Swim Lessons			
6:00-6:45pm	Lap Swim			Swim Lessons				
6:45-7:30pm	Open Swim		Lap Swim				Swim Lessons	
7:30-8:30pm	Open Swim		Lap Swim					
TUESDAY								
Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
5:00-8:15am	Lap Swim							
8:15-10:30am	Aqua Fitness					Lap Swim		
10:30am-3:45pm	Lap Swim							
3:45-4:30pm	Lap Swim						Swim Lessons	
4:30-7:30pm	Lap Swim			Swim Lessons				
7:30-8:30pm	Open Swim		Lap Swim					
WEDNESDAY								
Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
5:00-8:15am	Lap Swim							
8:15-11:20am	Aqua Fitness					Lap Swim		
11:20am-1:30pm	Lap Swim							
1:30-2:30pm	Lap Swim						Homeschool PE	
2:30-4:30pm	Lap Swim							
4:30pm-5:30pm	Lap Swim				Swim Lessons			
5:30-6:45pm	Lap Swim			Swim Lessons				
6:45-7:30pm	Lap Swim						Swim Lessons	
7:30-8:30pm	Open Swim		Lap Swim					
THURSDAY								
Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
5:00am-8:15am	Lap Swim							
8:15-10:30am	Aqua Fitness					Lap Swim		
10:30am-4:30pm	Lap Swim							
4:30-6:45pm	Lap Swim				Swim Lessons			
6:45-7:30pm	Lap Swim						Swim Lessons	
7:30-8:30pm	Lap Swim							
FRIDAY								
Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
5:00-8:15am	Lap Swim							
8:15-11:20am	Aqua Fitness				Lap Swim			
11:20am-5:00pm	Lap Swim							
5:00-8:30pm	Lap Swim						Open Swim	
SATURDAY								
Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
7:00-8:15am	Lap Swim							

8:15-9:30am	Aqua Fitness				Lap Swim			
9:30-11:45am	Swim Lessons				Lap Swim			
11:45-12:30pm	Swim Lessons		Lap Swim			Open Swim		
12:30-4:30pm	Lap 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					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 APPRICIATE YOUR UNDERSTANDING AS WE TRY TO USE THE SPACE IN THE AQUATIC CENTER IN THE BEST WAY POSSIBLE TO BETTER SERVE EVERYONE.

ACTIVITY DESCRIPTIONS	
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	Indicates when all lane lines are in. Lap swim will include any activity involving moving back and forth in a lane, including water walking or exercise. 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.