



# PRISMA HEALTH FAMILY YMCA

## AQUATICS SCHEDULE

### August 6th - October 7th

MONDAY								
Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
5:00am-8:15am	Lap Swim							
8:15-9:15am	Aqua Fitness						Lap Swim	
9:15-11:15am	Aqua Fitness					Lap Swim		
11:15am-3:45pm	Lap Swim							
3:45-4:30pm	Open Swim	Lap Swim				Swim Lessons		
4:30-6:30pm	Open Swim	Lap Swim						
6:30-7:30pm	Open Swim		Lap Swim					
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							
8:15-10:20am	Aqua Fitness					Lap Swim		
10:20am-3:45pm	Open Swim		Lap Swim					
3:45-4:30pm	Open Swim	Lap Swim				Swim Lessons		
4:30-6:30pm	Open Swim	Lap Swim			Swim Lessons			
6:30-7:30pm	Open Swim		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
5:00am-8:15am	Lap Swim							
8:15-9:15am	Aqua Fitness						Lap Swim	
9:15-11:15am	Aqua Fitness					Lap Swim		
11:15am-3:45pm	Lap Swim							
3:45-4:30pm	Open Swim	Lap Swim				Swim Lessons		
4:30-6:30pm	Open Swim	Lap Swim			Swim Lessons			
6:30-7:30pm	Open Swim		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
5:00-8:15am	Lap Swim							
8:15-10:20am	Aqua Fitness					Lap Swim		
10:20am-3:45pm	Open Swim		Lap Swim					
3:45-4:30pm	Open Swim	Lap Swim				Swim Lessons		
4:30-6:30pm	Open Swim	Lap Swim			Swim Lessons			
6:30-7:30pm	Open Swim		Lap Swim			Swim Lessons		
7:30-8:30pm	Open Swim		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							
8:15-9:15am	Aqua Fitness						Lap Swim	
9:15-11:15am	Aqua Fitness					Lap Swim		
11:15-4:00pm	Open Swim		Lap Swim					
4:00-6:00pm	Open Swim		Lap Swim					Lessons

6:00-8:30pm	Open Swim			Lap Swim				
SATURDAY								
Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
7:00-8:25am	Lap Swim							
8:25-9:30am	Aqua Fitness				Lap Swim		Swim Lessons	
9:30am-1:15pm	Open Swim		Lap Swim			Swim Lessons		
1:15-4:30pm	Open Swim			Lap Swim				
SUNDAY								
Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
1:00-4:30pm	Open Swim			Lap Swim				
<b>Kiddie Pool Hours: Friday 4:30-7:30pm Saturday 10am-4:30pm Sunday 1-4:30pm</b>								

**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	
<b>Aqua Fitness</b>	Aqua Exercise classes are taught by Certified Instructors. For more information see the aqua exercise schedule.
<b>Open Swim</b>	During family fun swim individuals and family's of all ages are welcome with the appropriate adult supervision.
<b>Swim Policy</b>	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.
<b>Lap Swim</b>	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.
<b>Swim Lessons</b>	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.