



PRISMA HEALTH FAMILY YMCA

AQUATICS SCHEDULE

Through January 19th

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-4:30pm	Lap Swim							
4:30-8:30pm	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-4:30pm	Open Swim	Lap Swim						
4:30-8:30pm	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-4:30pm	Lap Swim							
4:30-8:30pm	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-4:30pm	Open Swim	Lap Swim						
4:30-8:30pm	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		
11:15-8:30pm	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			
9:30am-1:15pm	Open Swim		Lap Swim					
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				

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

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.