

PRISMA HEALTH FAMILY YMCA AQUATICS SCHEDULE January 20 - March 15

				MONDAY						
Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8		
5:00am-8:15am			-	Lap S	Swim	-	-	-		
8:15-9:15am			Aqua	Fitness			Lap	Swim		
9:15-11:15am	Aqua Fitness							Lap Swim		
11:15am-4:30pm				Lap S	Swim					
4:30-5:30pm	Open Swim		Lap Swim			Swim I	Lessons			
5:30-6:30pm	Open Swim	Lap S	Swim			Swim Lessons				
6:30-7:30pm	Open Swim		Lap	Swim			Swim Lessons			
7:30-8:30pm	Open Swim				Lap Swim					
			1	FUESDAY						
Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8		
5:00-8:15am				Lap S	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					
			W	EDNESDA	1					
Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8		
5:00am-8:15am				Lap S	Swim	1		1		
8:15-9:15am	Aqua Fitness Lap Swim									
9:15-11:15am	Aqua Fitness									
11:15am-4:30pm				Lap 9	Swim					
4:30-5:30pm	Open Swim		Lap Swim			Swim I	Lessons			
5:30-6:30pm	Open Swim	Lap 9	Swim			Swim Lessons				
6:30-7:30pm		Lap Swim								
0.00-7.0000	Open Swim		Lap	Swim			Swim Lessons			
7:30-8:30pm	Open Swim Open Swim		Lap	Swim	Lap Swim		Swim Lessons			
· · · · ·					Lap Swim		Swim Lessons			
· · · · ·		Lane 2		Swim HURSDAY Lane 4	Lap Swim Lane 5	Lane 6	Swim Lessons	Lane 8		
7:30-8:30pm	Open Swim	Lane 2	Т	HURSDAY Lane 4	- T	Lane 6	1			
7:30-8:30pm Time	Open Swim	Lane 2	Т	HURSDAY Lane 4	Lane 5	Lane 6	1			
7:30-8:30pm Time 5:00-8:15am	Open Swim	Lane 2	T Lane 3	HURSDAY Lane 4	Lane 5	Lane 6	Lane 7			
7:30-8:30pm Time 5:00-8:15am 8:15-10:20am	Open Swim	Lane 2	T Lane 3	HURSDAY Lane 4	Lane 5 Swim	Lane 6	Lane 7 Lap Swim			
7:30-8:30pm Time 5:00-8:15am 8:15-10:20am 10:20am-3:45pm	Open Swim Lane 1 Open Swim	Lane 2	T Lane 3	HURSDAY Lane 4 Lap 9	Lane 5 Swim		Lane 7 Lap Swim	Lane 8		
7:30-8:30pm Time 5:00-8:15am 8:15-10:20am 10:20am-3:45pm 3:45-4:30pm	Open Swim Lane 1 Open Swim Open Swim	Lane 2	T Lane 3 Aqua Fitness Lap Swim	HURSDAY Lane 4 Lap 9	Lane 5 Swim		Lane 7 Lap Swim	Lane 8		
7:30-8:30pm Time 5:00-8:15am 8:15-10:20am 10:20am-3:45pm 3:45-4:30pm 4:30-6:30pm	Open Swim Lane 1 Open Swim Open Swim Open Swim	Lane 2	T Lane 3 Aqua Fitness Lap Swim	HURSDAY Lane 4 Lap Swim	Lane 5 Swim		Lane 7 Lap Swim Swim Lessons	Lane 8		
7:30-8:30pm Time 5:00-8:15am 8:15-10:20am 10:20am-3:45pm 3:45-4:30pm 4:30-6:30pm 6:30-7:30pm	Open Swim Lane 1 Open Swim Open Swim Open Swim Open Swim	Lane 2	T Lane 3 Aqua Fitness Lap Swim	HURSDAY Lane 4 Lap Swim Swim	Lane 5 Swim Lap Swim		Lane 7 Lap Swim Swim Lessons	Lane 8		
7:30-8:30pm Time 5:00-8:15am 8:15-10:20am 10:20am-3:45pm 3:45-4:30pm 4:30-6:30pm 6:30-7:30pm	Open Swim Lane 1 Open Swim Open Swim Open Swim Open Swim	Lane 2	T Lane 3 Aqua Fitness Lap Swim	HURSDAY Lane 4 Lap Swim	Lane 5 Swim Lap Swim		Lane 7 Lap Swim Swim Lessons	Lane 8		
7:30-8:30pm Time 5:00-8:15am 8:15-10:20am 10:20am-3:45pm 3:45-4:30pm 4:30-6:30pm 6:30-7:30pm 7:30-8:30pm	Open Swim Lane 1 Open Swim Open Swim Open Swim Open Swim		T Lane 3 Aqua Fitness Lap Swim Lap	HURSDAY Lane 4 Lap Swim Swim FRIDAY Lane 4	Lane 5 Swim Lap Swim Lap Swim	Swim I	Lane 7 Lap Swim Swim Lessons Swim Lessons	Lane 8		
7:30-8:30pm Time 5:00-8:15am 8:15-10:20am 10:20am-3:45pm 3:45-4:30pm 4:30-6:30pm 6:30-7:30pm 7:30-8:30pm Time 5:00-8:15am	Open Swim Lane 1 Open Swim Open Swim Open Swim Open Swim		T Lane 3 Aqua Fitness Lap Swim Lap Lane 3	HURSDAY Lane 4 Lap Swim Swim FRIDAY Lane 4 Lap S	Lane 5 Swim Lap Swim Lap Swim Lap Swim	Swim I	Lane 7 Lap Swim Swim Lessons Swim Lessons	Lane 8		
7:30-8:30pm Time 5:00-8:15am 8:15-10:20am 3:45-4:30pm 4:30-6:30pm 6:30-7:30pm 7:30-8:30pm Time 5:00-8:15am 8:15-9:15am	Open Swim Lane 1 Open Swim Open Swim Open Swim Open Swim		T Lane 3 Aqua Fitness Lap Swim Lap 3 Lane 3 Aqua	HURSDAY Lane 4 Lap Swim Swim FRIDAY Lane 4	Lane 5 Swim Lap Swim Lap Swim Lap Swim	Swim I	Lane 7 Lap Swim Swim Lessons Swim Lessons Lane 7	Lane 8		
7:30-8:30pm Time 5:00-8:15am 8:15-10:20am 10:20am-3:45pm 3:45-4:30pm 4:30-6:30pm 6:30-7:30pm 7:30-8:30pm Time 5:00-8:15am	Open Swim Lane 1 Open Swim Open Swim Open Swim Open Swim Lane 1 Lane 1	Lane 2	T Lane 3 Aqua Fitness Lap Swim Lap Lane 3	HURSDAY Lane 4 Lap Swim Swim FRIDAY Lane 4 Lap S	Lane 5 Swim Lap Swim Lap Swim Lane 5 Swim	Swim I Lane 6	Lane 7 Lap Swim Swim Lessons Swim Lessons	Lane 8		
7:30-8:30pm Time 5:00-8:15am 8:15-10:20am 3:45-4:30pm 4:30-6:30pm 6:30-7:30pm 7:30-8:30pm Time 5:00-8:15am 8:15-9:15am 9:15-11:15am	Open Swim Lane 1 Open Swim Open Swim Open Swim Open Swim Lane 1 Lane 1 Open	Lane 2 Swim	T Lane 3 Aqua Fitness Lap Swim Lap 3 Lane 3 Aqua	HURSDAY Lane 4 Lap Swim Swim FRIDAY Lane 4 Lap S	Lane 5 Swim Lap Swim Lap Swim Lane 5 Swim	Swim I	Lane 7 Lap Swim Swim Lessons Swim Lessons Lane 7	Lane 8		
7:30-8:30pm Time 5:00-8:15am 8:15-10:20am 3:45-4:30pm 4:30-6:30pm 6:30-7:30pm 7:30-8:30pm 7:30-8:30pm 5:00-8:15am 8:15-9:15am 9:15-11:15am 11:15-4:00pm	Open Swim Lane 1 Open Swim Open Swim Open Swim Open Swim Lane 1 Lane 1 Open Open Open Open	Lane 2 Swim Swim	T Lane 3 Aqua Fitness Lap Swim Lap 3 Lane 3 Aqua	HURSDAY Lane 4 Lap Swim Swim FRIDAY Lane 4 Lap S	Lane 5 Swim Lap Swim Lap Swim Lane 5 Swim Lane 5 Swim	Swim I Lane 6 Swim	Lane 7 Lap Swim Swim Lessons Swim Lessons Lane 7	Lane 8		
7:30-8:30pm Time 5:00-8:15am 8:15-10:20am 3:45-4:30pm 4:30-6:30pm 6:30-7:30pm 7:30-8:30pm Time 5:00-8:15am 8:15-9:15am 9:15-11:15am	Open Swim Lane 1 Open Swim Open Swim Open Swim Open Swim Lane 1 Lane 1 Open Open Open Open	Lane 2 Swim	T Lane 3 Aqua Fitness Lap Swim Lap Swim Lap 3 Aqua Aqua Aqua Fitness	HURSDAY Lane 4 Lap Swim Swim FRIDAY Lane 4 Lap S Fitness	Lane 5 Swim Lap Swim Lap Swim Lane 5 Swim Lane 5 Swim	Swim I Lane 6	Lane 7 Lap Swim Swim Lessons Swim Lessons Lane 7	Lane 8		
7:30-8:30pm Time 5:00-8:15am 8:15-10:20am 3:45-4:30pm 4:30-6:30pm 6:30-7:30pm 6:30-7:30pm 7:30-8:30pm 5:00-8:15am 9:15-11:15am 9:15-11:15am 11:15-4:00pm 6:00-8:30pm	Open Swim Lane 1 Open Swim	Lane 2 Swim Swim Swim	T Lane 3 Aqua Fitness Lap Swim Lap Lane 3 Aqua Aqua Fitness	HURSDAY Lane 4 Lap Swim Swim FRIDAY Lane 4 Lap S Fitness	Lane 5 Swim Lap Swim Lap Swim Lane 5 Swim Lane 5 Swim Lap Swim	Swim 1 Lane 6 Swim	Lane 7 Lap Swim Swim Lessons Swim Lessons Lane 7 Lane 7 Lap Swim	Lane 8 Lessons Lessons Lessons		
7:30-8:30pm Time 5:00-8:15am 8:15-10:20am 10:20am-3:45pm 3:45-4:30pm 4:30-6:30pm 6:30-7:30pm 7:30-8:30pm Time 5:00-8:15am 8:15-9:15am 9:15-11:15am 11:15-4:00pm 4:00-6:00pm 6:00-8:30pm	Open Swim Lane 1 Open Swim Open Swim Open Swim Open Swim Lane 1 Lane 1 Open Open Open Open	Lane 2 Swim Swim	T Lane 3 Aqua Fitness Lap Swim Lap Swim Lap 3 Aqua Aqua Aqua Fitness	HURSDAY Lane 4 Lap Swim Swim FRIDAY Lane 4 Lap 9 Fitness	Lane 5 Swim Lap Swim Lap Swim Lap Swim Lane 5 Swim Lap Swim Lap Lap Swim	Swim I Lane 6 Swim	Lane 7 Lap Swim Swim Lessons Swim Lessons Lane 7	Lane 8		
7:30-8:30pm Time 5:00-8:15am 8:15-10:20am 3:45-4:30pm 4:30-6:30pm 6:30-7:30pm 6:30-7:30pm 7:30-8:30pm 5:00-8:15am 8:15-9:15am 9:15-11:15am 11:15-4:00pm 4:00-6:00pm 6:00-8:30pm Time 7:00-8:25am	Open Swim Lane 1 Open Swim	Lane 2 Swim Swim Swim Lane 2	T Lane 3 Aqua Fitness Lap Swim Lap 3 Lane 3 Aqua Fitness Aqua Fitness SA Lane 3	HURSDAY Lane 4 Lap Swim Swim FRIDAY Lane 4 Lap 9 Fitness	Lane 5 Swim Lap Swim Lap Swim Lane 5 Swim Lane 5 Swim Lap Swim	Swim 1 Lane 6 Swim Swim Lane 6	Lane 7 Lap Swim Swim Lessons Swim Lessons Lane 7 Lap Swim Lap Swim	Lane 8 Lessons Lessons Lane 8 Lane 8		
7:30-8:30pm Time 5:00-8:15am 8:15-10:20am 3:45-4:30pm 4:30-6:30pm 6:30-7:30pm 6:30-7:30pm 7:30-8:30pm 5:00-8:15am 9:15-11:15am 9:15-11:15am 11:15-4:00pm 4:00-6:00pm 6:00-8:30pm Time 7:00-8:25am	Open Swim Lane 1 Open Swim Open Swim Open Swim Open Swim Open Swim Lane 1 Open Open Open Open Open Copen Copen Copen	Lane 2 Swim Swim Swim Lane 2	T Lane 3 Aqua Fitness Lap Swim Lap 3 Lane 3 Aqua Fitness SA Lane 3	HURSDAY Lane 4 Lap Swim Swim FRIDAY Lane 4 Lap 9 Fitness	Lane 5 Swim Lap Swim Lap Swim Lap Swim Lane 5 Swim Lap Swim Lap Lap Swim	Swim 1 Lane 6 Swim Swim Lane 6 Lane 6	Lane 7 Lap Swim Swim Lessons Swim Lessons Lane 7 Lap Swim Lane 7 Lap Swim	Lane 8 Lessons Lessons Lane 8 Lane 8		
7:30-8:30pm Time 5:00-8:15am 8:15-10:20am 10:20am-3:45pm 3:45-4:30pm 4:30-6:30pm 6:30-7:30pm 7:30-8:30pm 5:00-8:15am 9:15-11:15am 9:15-11:15am 11:15-4:00pm 4:00-6:00pm 6:00-8:30pm 7:00-8:25am 7:00-8:25am 9:30am-12:30pm	Open Swim Lane 1 Open Swim Open Swim Open Swim Open Swim Open Swim Lane 1 Open Open Copen Copen	Lane 2 Swim Swim Swim Lane 2	T Lane 3 Aqua Fitness Lap Swim Lap 3 Lane 3 Aqua Fitness SA Lane 3 SA	HURSDAY Lane 4 Lap 5 Lap Swim Swim FRIDAY Lane 4 Lap 5 Fitness	Lane 5 Swim Lap Swim Lap Swim Lap Swim Lane 5 Swim Lap Swim Lap Lap Swim	Swim 1 Lane 6 Swim Swim Lane 6 Lane 6	Lane 7 Lap Swim Swim Lessons Swim Lessons Lane 7 Lap Swim Lasp Swim Swim	Lane 8 Lessons Lessons Lane 8 Lane 8 Lane 8		
7:30-8:30pm Time 5:00-8:15am 8:15-10:20am 3:45-4:30pm 4:30-6:30pm 6:30-7:30pm 6:30-7:30pm 7:30-8:30pm 5:00-8:15am 9:15-11:15am 9:15-11:15am 11:15-4:00pm 4:00-6:00pm 6:00-8:30pm Time 7:00-8:25am	Open Swim Lane 1 Open Swim Open Swim Open Swim Open Swim Open Swim Lane 1 Open Open Open Open Open Copen Copen Copen	Lane 2 Swim Swim Swim Lane 2	T Lane 3 Aqua Fitness Lap Swim Lap 3 Lane 3 Aqua Fitness SA Lane 3 SA	HURSDAY Lane 4 Lap Swim Swim FRIDAY Lane 4 Lap 9 Fitness	Lane 5 Swim Lap Swim Lap Swim Lap Swim Lane 5 Swim Lap Swim Lap Lap Swim	Swim 1 Lane 6 Swim Swim Lane 6 Lane 6	Lane 7 Lap Swim Swim Lessons Swim Lessons Lane 7 Lap Swim Lane 7 Lap Swim	Lane 8 Lessons Lessons Lane 8 Lane 8 Lane 8		

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 APPRICIATE YOUR UNDERSTANDING AS WE TRY TO USE THE SPACE IN THE AQUATIC CENTER IN THE BEST WAY POSSIBLE TO BETTER SERVE EVERYONE.										
			ACTIVIT	Y DESCRIPT	IONS						
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.											
	Children 5 and under must have an adult guardian in the pool within arm's reach at all times.										
Swim Policy	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				will include any activity involving moving back and forth in a lane, including ng is not included. Spaces are on a first come first served basis. Sharing of							
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.