



PRISMA HEALTH FAMILY YMCA AQUATICS SCHEDULE

May 24 - June 29

Revised: 6/12

MONDAY & WEDNESDAY

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
5:00 AM - 8:15 AM	Lap Swim							
8:15 AM - 9:15 AM	Aqua Fitness						Lap Swim	
9:15 AM - 10:30 AM	Aqua Fitness					Lap Swim		
10:30 AM - 11:15 AM	Aqua Fitness					Lap Swim	Swim Lessons	
11:15 AM - 1:00 PM	Open Swim		Lap Swim			Day Camp		
1:00 PM - 4:00 PM	Open Swim		Lap Swim			Swim Camp		
4:00 PM - 7:30 PM	Open Swim		Lap Swim			Swim Lessons		
7:30 PM - 8:30 PM	Open Swim		Lap Swim					

TUESDAY & THURSDAY

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
5:00 AM - 8:15 AM	Lap Swim							
8:15 AM - 10:20 AM	Aqua Fitness					Lap Swim		
10:20 AM - 11:10 AM	Open Swim		Lap Swim				Swim Lessons	
11:10 AM - 1:00 PM	Open Swim		Lap Swim			Day Camp		
1:00 PM - 4:00 PM	Open Swim		Lap Swim			Swim Camp		
4:00 PM - 7:30 PM	Open Swim		Lap Swim			Swim Lessons		
7:30 PM - 8:30 PM	Open Swim		Lap Swim					

FRIDAY

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
5:00 AM - 8:15 AM	Lap Swim							
8:15 AM - 9:15 AM	Aqua Fitness							
9:15 AM - 11:15 AM	Aqua Fitness					Lap Swim		
11:15 AM - 1:00 PM	Open Swim		Lap Swim					
1:00 PM - 4:00 PM	Open Swim		Lap Swim			Swim Camp		
4:00 PM - 6:00 PM	Open Swim		Lap Swim					Lessons
6:00 PM - 8:30 PM	Open Swim		Lap Swim					

SATURDAY

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
7:00 AM - 8:25 AM	Lap Swim							
8:25 AM - 9:30 AM	Aqua Fitness				Lap Swim		Swim Lessons	
9:30 AM - 1:15 PM	Open Swim		Lap Swim			Swim Lessons		
1:15 PM - 4:30 PM	Open Swim			Lap Swim				

SUNDAY

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

Kiddie Pool Hours: Monday-Friday 10:30am-7:30pm | Saturday 10am-4:30pm | Sunday 1-4:30pm

NOTE: THIS SCHEDULE IS SUBJECT TO CHANGE 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

Swim Policy	Children 5 and under must always have an adult guardian in the pool within arm's reach.
	Ages 6-12 must always have an adult guardian on deck or in the pool 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.
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.
Lap Swim	Indicates when lanes are in. Lap swim will include any activity involving moving back and forth in lanes, 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)
Day Camp	Aquatics focused weekly summer programs. (sign up at the front desk)

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