



POOL SCHEDULE

Effective January 2, 2023

MAIN POOL (Lap Swim) 14+

MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
6:45 AM-2 PM 4:00-7:30 PM	7:00 AM- 1:00 PM 5:30-8:30 PM	6:45 AM-2 PM 4:00-5:00 PM	7:00 AM- 1:00 PM 5:30-8:30 PM	6:45 AM-2 PM 4:00-7:00 PM Jr. Lap 6:00-7:00 PM	10:30 AM- 3:30 PM Jr. Lap 2:30-3:30 PM	7:30 AM- 12:30 PM

The number of lap lanes available for lap swim will vary.

WARM WATER POOL (Adult Open Fitness) 14+

MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
9-10 AM 10:45 AM- 3:30 PM	9-10 AM 11:45 AM- 3:30 PM 6:30-8:30 PM	9:00-9:45 AM 10:30 AM- 12:00 PM	9-10 AM 12:45-3:30 PM 6:30-8:30 PM	9-11 AM 12-3:30 PM	12:30-2 PM	9:45 AM- 12:30 PM

FAMILY SWIM

Advanced online reservation required. Opens 23-hours in advance.

MONDAY	WEDNESDAY	FRIDAY	SATURDAY	SUNDAY
6:20-7:00 PM 7:05-7:45 PM	4:15-4:55 PM	6:20-6:55 PM 6:55-7:30 PM	2:00-2:40 PM 2:45-3:25 PM	Little Y's 9-9:45 AM

AQUA FITNESS CLASSES 16+

MON.	9:00-9:45 am	Water Circuit	Allison	Main Pool
MON.	10:00-10:45 am	Deeply Fit	Colleen	Main Pool
MON.	10:00-10:45 am	Mindful Aqua Movements	Rosie	Warm Water Pool
TUES.	9:00-9:45 am	Hydrospin	Brenda	Main Pool
TUES.	10:00-10:45 am	Aqua Tabata	Colleen	Main Pool
TUES.	10:00-10:45 am	Aqua Tai Chi	Kate F.	Warm Water Pool
TUES.	11:00-11:45 am	Back Hab	Ann Marie	Warm Water Pool
WED.	9:45-10:30 am	Colleen's Choice	Colleen	Warm Water Pool
WED.	6:00-7:30 pm	Aqua Volleyball	-	Warm Water Pool
THURS.	10:00-10:45 am	Total Aqua Mobility	Alternating Instructors	Main Pool
THURS.	10:00-10:45 am	Calm Waters	Colleen	Warm Water Pool
THURS.	11:00-11:45 am	RSB Fight Back UH20 \$	-	Warm Water Pool
THURS.	12:00-12:45 pm	AFA-Arthritis	Ann Marie	Warm Water Pool
FRI.	9:00-9:45 am	Aqua Volleyball	-	Warm Water Pool
FRI.	11:00-11:45 AM	Aqua Pilates	Rosie	Warm Water Pool

YOUTH SWIM LESSONS

Monday	4:00–6:15 pm	WWP
Tuesday	4:00–5:30 pm	MP
Tuesday	4:15–6:30 pm	WWP
Thursday	4:00–5:30 pm	MP
Thursday	4:15–6:30 pm	WWP
Friday	4:00–6:15 pm	WWP
Saturday	9:00 am–12:25 pm	WWP
Saturday	9:00–10:30 am	MP

ADULT SWIM LESSONS

Tuesday & Thursdays	6:30–7:00 pm	WWP (Shares with Adult Open Fitness)
Friday	10:00–11:00 am	WWP (Shares with Adult Open Fitness)
Friday	11:00–11:30 am	MP
Saturday	7:30–9:00 am	WWP
Saturday	12:25–12:55 pm	MP

RANY Swim Team

Sunday	9:00 am–3:30 pm	MP (Shares with lap swim)
Monday	4:00–9:30 pm	MP (Shares with lap swim)
Tuesday	5:30–8:30 pm	MP (Shares with lap swim)
Wednesday	4:00–9:30 pm	MP
Wednesday	5:00–5:45 pm	WWP
Thursday	5:30–8:45 pm	MP (Shares with lap swim)
Friday	4:00–7:45 pm	MP (Shares with lap swim)
Friday	7:00–8:30 pm	MP
Saturday	7:00–9:00 am	MP
Saturday	1:00–2:00 pm	MP (Shares with lap swim)