

AQUATICS SCHEDULE

EFFECTIVE - 08/30 edited 9/22



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LARGE POOL

CLOSED FOR REPAIRS THROUGH OCTOBER 2021

Adult Swim is for adult members only.
Open Swim is for all ages.
Family Swim is for families with children only.

SMALL POOL

Monday	
6:00-9:00 AM	Adult Swim
9:00-10:00 AM	CLOSED
10:00-10:45 AM	AOA Fitness Class
11:00-11:45 AM	AOA Fitness Class
12:00-1:00 PM	Adult Swim
1:00-3:00 PM	CLOSED
3:00-4:00 PM	Open Swim
4:15-5:00 PM	Deep End Poolates
5:15-6:30 PM	Adult Swim
6:45-8:00 PM	Family Swim
8:00 - 8:30PM	Open Swim
Closed @ 8:30 PM	

Tuesday	
6:00-8:00 AM	Adult Swim
8:15-9:00	AOA Fitness
9:15-10:00 AM	Poolates
10:45-11:30 AM	Deep End Poolates
11:45-1:00 PM	Adult Swim
1:00-3:00 PM	CLOSED
3:00-4:15 PM	Adult Swim
4:30-6:45 PM	Open Swim
7:00-8:30 PM	Adult Swim
Closed @ 8:30 PM	

Wednesday	
6:00-9:00 AM	Adult Swim
9:00-10:00 AM	CLOSED
10:00-10:45 AM	AOA Fitness Class
11:00-11:45 AM	AOA Fitness Class
12:00-1:00 PM	Adult Swim
1:00-3:00 PM	CLOSED
3:00-4:00 PM	Open Swim
4:00-6:00 PM	Family Swim
6:15-8:30 PM	Adult Swim
Closed @ 8:30 PM	

Thursday	
6:00-8:00 AM	Adult Swim
8:15-9:00	AOA Fitness
9:15-10:00 AM	Poolates
10:45-11:30 AM	Deep End Poolates
11:45-1:00 PM	Adult Swim
1:00-3:00 PM	CLOSED
3:00-4:15 PM	Adult Swim
4:30-6:45 PM	Open Swim
7:00-8:30 PM	Adult Swim
Closed @ 8:30PM	

Friday	
6:00-9:00 AM	Adult Swim
9:05-10:00 AM	Pool Fitness
10:15-12:00 PM	Adult Swim
12:00-3:00 PM	CLOSED
3:00-4:15 PM	Adult Swim
4:30-6:45 PM	Open Swim
Closed @ 6:45 PM	

Saturday	
7:00-8:30 AM	Adult Swim
9:00-12:15 PM	Swim Lessons
12:30 - 1:30 PM	Family Swim
Closed @ 1:30 PM	

** All Pool Fitness, Poolates, AOA Fitness classes require a reservation ahead of time. Reservations can be made in person at the Y or by phone at 413-568-8631 **