



FOGLIA YMCA AQUATICS SCHEDULE

December 1-December 31 2023

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Pool Hours	5am-8:45pm	5am-8:45pm	5am-8:45pm	5am-8:45pm	5:15am-6:45pm	6am-5:30pm	6am-4:30pm
Instructional Pool Hours	8-4:30pm & 6-8pm	8-5:10pm & 7-8pm	8-4:30pm & 7-8pm	8am-8pm	8am-7:45pm	12:15pm-5:30pm	12:15pm-4:30pm
Water Fitness	Water Fitness 10:15-11am Lap Pool	Water Fitness 10:15-11am Lap Pool Aqua Arthritis 8:15-9am Instructional	Aqua Yoga 8-8:45am Instructional Water Fitness 9-9:45am Lap Pool Deep Water Fitness 10:15-11:15am Lap Pool	Water Fitness 10:15-11am Lap Pool Aqua Arthritis 8:15-9am Instructional Deep Water Fitness (Running) 9-9:45am Lap Pool	Deep Water Fitness 9:00-10:00am Lap Pool	Deep Water Fitness 9:30-10:30am Lap Pool	
Lessons	4:30-6pm Instructional 5:20-7 pm Lap Pool	4:30-7pm Lap Pool 5:20-7pm Instructional	Group Lessons 4:30-7pm Lap Pool 4:30-7pm Instructional	4:30-6pm Lap Pool 6-7pm Instructional	No Group Lessons	9am-12:30pm Lap Pool 8:30am-12:15pm Instructional	9am-12:30pm Lap Pool 8:30am-12:15pm Instructional
Aquaducks Swim Team	Aquaducks 6:15-8:30pm Lap Pool	Aquaducks 6:15-8:30pm Lap Pool	Aquaducks 7-8:30pm Lap Pool	Aquaducks 6:15-8:30pm Lap Pool	JR Aquaducks 6-7pm Lap Pool		JR Aquaducks 8:30-9:30am Lap Pool

- › Schedule is subject to change.
- › A limited number of lanes will be available during programming times.
- › **One Lap Lane is available at 6pm on Mondays and Wednesdays one is available at 5pm on Wednesday.**
- › Private swim lessons will receive priority access to the pools during regular operating hours.
- › Children 7 and under must have a guardian in the pool within arm's reach. Those under the age of 16 must successfully pass a Deep-end assessment, in order to swim in the deep-end. Please reach out for more information.

Lifeguard has final discretion and authority to enforce pool rules for the safety of all swimmers

For additional information or questions, please contact 847-438-5300.

fogliaymca.org