



HASTINGS LAKE YMCA AQUATICS SCHEDULE

Effective June 5, 2023

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pool Hours	5am-7:45pm	5am-7:45pm	5am-7:45pm	5am-7:45pm	5am-7:45pm	7:00am-3:45pm	12pm-3:45pm
Water Fitness	8:30-9:15am Aqua Arthritis 12:30-2pm		8:30-9:15am Aqua Arthritis 12:30-2pm		8:30-9:15am		
Swim Lessons	4:15-6:45pm	9:30-11am 4:15-6:45pm	4:15-7pm	9:30-11am 5:15-6:45pm	5-6:30pm	8:30-11am	
Stingrays Swim Team	5:15-7:45pm	5:15-7:45pm	5:15-7:45pm	5:15-7:45pm			
Lap Swim	1 Lane 5:15-7:45pm 2 Lanes 8:30-9:15am 12:30-3:30pm 6:45-7:45pm 4 Lanes 9:15am-12:30pm 3:30-4:15pm 4:15-5:15pm 5 Lanes 5-8:30am	1 Lane 5:15-7:45pm 2 Lanes 1:45-3:30pm 3 Lanes 3:30-5:15pm 4 Lanes 9:30-11am 11am-1:45pm 5 Lanes 5-9:30am	2 Lanes 5:15-7:45pm 3 Lanes 12:30-3:30pm 4 Lanes 9:15-10am 11am-12:30pm 3:30-4:15pm 4:15-5:15pm 5 Lanes 5-9:30am	2 Lanes 1:45-3:30pm 4 Lanes 9:30-11am 11am-1:45pm 3:30-5:15pm 5 Lanes 5-9:30am	2 Lanes 8:30-9:15am 1:45-3pm 3 Lanes 3:30-6:30pm 4 Lanes 9:15am-1:45pm 6:30-7:45pm 5 Lanes 5-8:30am	2 Lanes 8:30-11am 4 Lanes 11am-3:45pm 5 Lanes 7-8:30am	4 Lanes 12-3:45pm
Open Swim	1 Lane 5-8:30pm 2 Lanes 9:15am-12:30pm 3:30-4:15pm	1 Lane 5-9:30am 11am-1:45pm	1 Lane 5-8:30am 2 Lanes 11am-1:45pm 3:30-4:15pm	1 Lane 5-9:30am 2 Lanes 11am-1:45pm 3:30-5:15pm	1 Lane 5-9:30am 2 Lanes 11am-3:45pm 4 Lanes 3:30-5:15pm	1 Lane 7-8:30am 2 Lanes 11am-3:45pm	2 Lanes 12-3:45pm

- › Schedule is subject to change.
- › A limited number of lanes will be available during programming times.
- › Private swim lessons will receive priority access to the pools during regular operating hours.

For additional information or questions, please contact 847-356-4006.