

Hillcrest Family YMCA- Pool Schedule- January 2022

Time		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
Morning	6:00 AM	6:00-8:30 am Drop in Lap swim/ water walking	6:00-8:30 am Drop in Lap swim/ water walking	6:00-8:30 am Drop in Lap swim/ water walking	6:00-8:30 am Drop in Lap swim/ water walking	6:00-8:30 am Drop in Lap swim/ water walking			
	6:30 AM								
	7:00 AM								
	7:30 AM								
	8:00 AM	8:30- 9:15 am Aquafit-Shallow Water	8:30- 9:15 am Aquafit- Shallow Water	8:30- 9:15 am Aquafit- Shallow Water	8:30- 9:15 am Aquafit- Shallow Water	8:30- 9:15 am Aquafit- Shallow Water			8:00-9:30 am Reserved Lap swim/ water walking
	8:30 AM								
	9:00 AM								
	9:15 AM	9:15- 10:30 am Drop-in Lap Swim/ Water Walking	9:15- 10:30 am Drop-in Lap Swim/ Water Walking	9:15- 10:30 am Drop-in Lap Swim/ Water Walking	9:15- 10:30 am Drop-in Lap Swim/ Water Walking	9:15- 10:30 am Drop-in Lap Swim/ Water Walking			9:00-11:00 am Reserved Lap Swim/ Household Swim
	10:00 AM								
	10:30 AM	10:30-11:00 am Safety Break	10:30-11:00 am Safety Break	10:30-11:00 am Safety Break	10:30-11:00 am Safety Break	10:30-11:00 am Safety Break			
	11:00 AM	11:00-1:00 pm Reserved Lap Swim/ Water Walking	11:00-11:45 am Aqua- Yoga w/ Kit	11:00-1:00 pm Reserved Lap Swim/ Water Walking	11:00-11:45 am Aqua- Yoga w/ Kit	11:00-1:00 pm Reserved Lap Swim/ Water Walking			9:30-12:30 pm \$\$Group Swim Lessons\$\$
11:30 AM									
11:45 AM									
12:00 PM	11:45-1:00 pm Drop-in Lap Swim/ Water Walking	11:45-1:00 pm Drop-in Lap Swim/ Water Walking	11:45-1:00 pm Drop-in Lap Swim/ Water Walking	11:45-1:00 pm Drop-in Lap Swim/ Water Walking	11:45-1:00 pm Drop-in Lap Swim/ Water Walking	12:30-12:45 pm Safety Break	11:20-1:30 pm Lap Swim/ Household Swim		
12:30 PM									
1:00 PM	1:00-3:00 pm Pool Closed	1:00-2:00 pm Safety Break	1:00-3:00 pm Pool Closed	1:00-2:00 pm Safety Break	1:00-3:00 pm Pool Closed	12:45-2:30 pm Drop in Household Swim			
1:30 PM									
2:00 PM									
2:30 PM	3:00- 4:30 pm Hawken Middle Swim Team	2:00-3:00 pm Arthritis Water Fitness W/ Rose	3:00- 4:30 pm Hawken Middle Swim Team	2:00-3:00 pm Arthritis Water Fitness W/ Rose	3:00- 4:30 pm Hawken Middle Swim Team				
3:00 PM									
3:30 PM									
4:00 PM									
4:30 PM		4:35-6:30 pm \$\$Group Swim Lessons\$\$		4:30- 6:35 pm \$\$Group Swim Lessons\$\$		4:35-6:30 pm \$\$Group Swim Lessons\$\$	4:30- 6:35 pm \$\$Group Swim Lessons\$\$		
5:00 PM									
5:30 PM		5:30-7:45 pm Swim Team		6:45-7:30 pm Aquafit-Shallow Water – W/ Theresa		5:30-7:45 pm Swim Team	6:45-7:30 pm Aquafit-Shallow Water – W/ Theresa	5:30-7:45 pm Swim Team	
6:00 PM									
6:30 PM									
6:45 PM									
7:00 PM									
7:30 PM	7:45-8:30 pm Drop-in Swimming	7:30-8:15 pm Aqua Zumba – W/ Shelly	7:45-8:30 pm Drop-in Swimming	7:30-8:15 pm Aqua Zumba – W/ Shelly	7:45-8:30 pm Drop-in Swimming				
7:45 AM									
8:00 PM									
8:30 PM						Schedule is Subject to change			

If you are more than 10 minutes late your spot will be given to anyone who is waiting to use the pool.

All Reserved lap swim/ water walking times are 30 minutes long.

“Reserved” Lap Swim/ Water Walking requires making an appoint. “Drop-in” is first come first serve.