



2022 Aquatics Schedule

East Side/Mt. Hope YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lap Swim(1) 6 - 10:45 am	Lap Swim(1) 6 - 10:45 am	Lap Swim(1) 6 - 10:45 am	Lap Swim(1) 6 - 10:45 am	Lap Swim(1) 6 - 10:45 am	Lap Swim (2-3) 9 am - 1:30 pm	Lap Swim (5) 7 - 9 am Lap Swim (2) 9 - 11:30 am
Leisure Lane (4) 6 - 10:45 am	Leisure Lane (4) 6 - 10:45 am	Leisure Lane (4) 6 - 9:45 am Leisure Lane (2) 9:45 - 10:45 am	Leisure Lane (4) 6 - 10:45 am	Leisure Lane (4) 6 - 10:45 am	Swim Lessons 2 - 3 9:15 am - 12 pm	Family Swim 9 - 11:30 am
CLOSED 10:45 - 11:15 am		Water Aerobics 9:45 - 10:45 am	CLOSED 10:45 - 11:15 am			
Lap Swim (3) 11:15 am - 6:30 pm	Lap Swim (5) 11:15 am - 2:30 pm	CLOSED 10:45 - 11:15 am	Lap Swim (5) 11:15 am - 2:30 pm	Lap Swim (3) 11:15 am - 6:30 pm		
Family Swim (2) 11:15 am - 6:30 pm	Family Swim (2) 2:30 - 4:30 pm	Lap Swim (3) 11:15 am - 6:30 pm	Family Swim (2) 2:30 - 4:30 pm	Family Swim (2) 11:15 am - 6:30 pm		
	Lap Swim (3) 2:30 - 4:30 pm Lap Swim (2-3) 4:30 - 6:30 pm	Family Swim (2) 11:15 am - 6:30 pm	Lap Swim (3) 2:30 - 4:30 pm Lap Swim (2-3) 4:30 - 6:30 pm			
	Swim Lessons 2 - 3 4:30 - 6:30 pm		Swim Lessons 2 - 3 4:30 - 6:30 pm			



Lap swim hours are circle swim depending on demand.
Please note that all classes are subject to change due to demand, participation, and weather.