



# Fall 2022 Aquatics Schedule

## East Side/Mt. Hope YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
Lap Swim(4) 6 - 10:45 am	Lap Swim(4) 6 - 10:45 am	Lap Swim(4) 6 - 10:45 am	Lap Swim(4) 6 - 10:45 am	Lap Swim(4) 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 (1) 6 - 10:45 am	Leisure Lane (1) 6 - 10:45 am	Leisure Lane (1) 6 - 9:45 am Leisure Lane (2) 9:45 - 10:45 am	Leisure Lane (1) 6 - 10:45 am	Leisure Lane (1) 6 - 10:45 am	Swim Lessons 2 - 3 9:15 am - 12 pm	Family Swim 9 - 11:30 am		
Lap Swim (3) 10:45 am - 3:30 pm	Lap Swim (5) 10:45 am - 2:30 pm	Water Aerobics 9:45 - 10:45 am	Lap Swim (5) 10:45 am - 3:30 pm	Lap Swim (3) 10:45 am - 6:30 pm				
Family Swim (2) 11:15 am - 3:30 pm	Family Swim (2) 2:30 - 4:30 pm	Lap Swim (3) 10:45 am - 6:30 pm	Family Swim (2) 2:30 - 3:30 pm	Family Swim (2) 10:45 am - 6:30 pm				
Youth Build (2) 3:30 - 4:30 pm	Lap Swim (3) 2:30 - 4:30 pm Lap Swim (1) 4:30 - 6:00 pm	Family Swim (2) 10:45 am - 6:30 pm	Youth Build (2) 3:30 - 4:30 pm					
Lap Swim (2) 3:30 - 4:30 pm			Family Swim (1) 3:30 - 4:30 pm					
Family Swim (1) 3:30 - 4:30 pm	Swim Lessons (2-3) 4:30 - 6:30 pm				Lap Swim (2) 3:30 - 4:30 pm			
Family Swim (2) 4:30 - 6:30 pm	Swim Club (1-2) 5:00 - 6:00 pm				Lap Swim (1) 4:30 - 6:00 pm			
Lap Swim (3) 4:30 - 6:30 pm	Lap Swim (3) 6:00 - 6:30 pm			Swim Lessons (2-3) 4:30 - 6:30 pm				
			Swim Club (1-2) 5:00 - 6:00 pm					
			Lap Swim (3) 6:00 - 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.