

Hoover YMCA Aquatic Schedule

Beginning August 10 2026-October 2026

	Monday						Tuesday						Wednesday						Thursday						Friday						Saturday						Sunday												
	Lane						Lane						Lane						Lane						Lane						Lane																		
	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6													
5:00a	Lap Swim						Lap Swim						Lap Swim						Lap Swim						Lap Swim						Pool opens 7am												5:00a						
5:30a																																											5:30a						
6:00a																																											6:00a						
6:30a																																											6:30a						
7:00a																																											7:00a						
7:30a	Walk						Walk						Walk						Walk						Walk						Lap Swim						Walk						7:30a						
8:00a																																											8:00a						
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9:00a																																											9:00a						
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10:00a	Open Swim 10:00						Water Aerobics 10-11						Water Aerobics 10-11						Water Aerobics 10-11						Swim Lessons						Open Swim 10:00						Water Aerobics 9-10						Open Swim 10:00						10:00a
10:30a																																																	10:30a
11:00a																																																	11:00a
11:30a																																																	11:30a
12:00p																																																	12:00p
12:30p																									Swim Lessons						Pool opens 12pm						Open Swim 12:00						12:30p						
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2:00p																																											2:00p						
2:30p																																											2:30p						
3:00p	Swim Lessons						Swim Team						Swim Team						Swim Team						Swim Lessons						Swim Team						Pool, Spa, & Steam Room Close at 5:45 pm						3:00p						
3:30p																																											3:30p						
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5:30p	4-7:30 pm						4-7:30 pm						4-7:30 pm						4-7:30 pm						4-7:30 pm						Pool, Spa, & Steam Room Close at 7:45 pm						5:30p												
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8:00p																																					8:00p												
8:45p																																					8:45p												
9:00p																																					9:00p												
																																					Pool, Spa, & Steam Room close at 8:45 pm												

KEY: Lap Swim Water Aerobics Open Swim SBY Swim Team Practice Swim Lessons Walk Lane

Schedule Information

Swim Lessons: One lane is always dedicated to our swim lessons to help everyone learn and grow! When lessons aren't in session, this lane happily opens up for extra lap swimming.

Open Swim: A fun, free-swim time for everyone-especially families and young children! To keep it safe and playful for the little ones, there is no lap swim in the open swim lane.

Water Aerobics: Water Aerobics has exclusive use of the pool lanes for the duration of their scheduled class time. To help our other morning programs wrap up smoothly and safely, we kindly ask that Water Aerobics participants wait to enter the pool until their official class start time.

Lap Swim: Reserved for swimming laps! Please choose a lane with swimmers at a similar pace, or ask an Aquatics team member for help.

- **1 or 2 Swimmers:** Feel free to split the lane
- **3+ Swimmers:** Please switch to “circle swimming”

Holidays & Important Dates 2026

- August 7th Camp Swim Ends
- August 15th Back to School Bash 11-1 pm (NO LAP SWIM)
- August 17th SBY Swim Team Practice Begins
- September 7th Labor Day 7:00 am - 4:45 pm
- October 13th Bubble Day CLOSED
- November 26th Thanksgiving 7-10:45 am
- December 24th Christmas Eve 7-10:45 am
- December 25th Christmas Day CLOSED