



Hoover YMCA Aquatic Schedule

August - 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																																											7:30a																				
8:00a																																											8:00a																				
8:30a	Walk						Walk						Walk						Walk						Walk																				8:30a																		
9:00a																									9:00a																																						
9:30a	Open Swim 10:00						Water Aerobics 10-11						Water Aerobics 10-11						Water Aerobics 10-11						Swim Programs						Water Aerobics 9-10												9:30a																				
10:00a																																											10:00a																				
10:30a	Open Swim 10:00						Water Aerobics 10-11						Water Aerobics 10-11						Water Aerobics 10-11																										10:30a																		
11:00a																			11:00a																																												
11:30a	Open Swim 11:00						Open Swim 11:00						Open Swim 11:00						Open Swim 11:00																										11:30a																		
12:00p																			12:00p																																												
12:30p	Open Swim 11:00						Open Swim 11:00						Open Swim 11:00						Open Swim 11:00																										12:30p																		
1:00p																			1:00p																																												
1:30p	Open Swim 11:00						Open Swim 11:00						Open Swim 11:00						Open Swim 11:00																										1:30p																		
2:00p																			2:00p																																												
2:30p	Open Swim 11:00						Open Swim 11:00						Open Swim 11:00						Open Swim 11:00																										2:30p																		
3:00p																			3:00p																																												
3:30p	Open Swim 11:00						Open Swim 11:00						Open Swim 11:00						Open Swim 11:00																										3:30p																		
4:00p																			4:00p																																												
4:30p	Swim Programs						Swim Programs						Swim Programs						Swim Programs																										4:30p																		
5:00p																			5:00p																																												
5:30p	Swim Programs						Swim Programs						Swim Programs						Swim Programs																										5:30p																		
6:00p																			6:00p																																												
6:30p	Swim Programs						Swim Programs						Swim Programs																														6:30p																				
7:00p	Swim Programs						Swim Programs						Swim Programs						Swim Programs																										7:00p																		
7:30p																																													7:30p																		
8:00p	Swim Programs						Swim Programs						Swim Programs						Swim Programs																										8:00p																		
8:45p																																													8:45p																		
9:00p	Pool, Spa, & Steam Room close at 8:45 pm						Pool, Spa, & Steam Room Close at 7:45 pm						Pool, Spa, & Steam Room Close at 7:45 pm						Pool, Spa, & Steam Room Close at 5:45 pm																										9:00p																		