



THANKSGIVING WEEK MODIFIED AQUATICS SCHEDULE

November 24, 2025 - November 30, 2025

Monday, Nov. 24th

LAP SWIM

5:30A - 8:30A: Lap Swim (6 lanes)
11:30A - 1:00P: Lap Swim (6 lanes)
3:45P - 5:15P: Lap Swim (6 lanes)

AQUA FITNESS

8:45A - 11:15A: Deep Water
9:05A - 9:45A: Senior Aquatics
9:45A - 10:30A: Aqua Cardio Combo
10:30A - 11:15A: Beginner Aquatics
6:05P - 7:00P: Aqua Cardio Blast

FAMILY SWIM

1:15P - 3:15P: Family Swim
7:00P - 8:30P: Family Swim

Tuesday, Nov. 25th

LAP SWIM

5:30A - 8:30A: Lap Swim (6 lanes)
8:45A - 11:15A: Lap Swim (3 lanes)
11:30A - 1:00P: Lap Swim (6 lanes)
3:45P - 5:15P: Lap Swim (6 lanes)
6:05P - 8:30P: Lap Swim (2 lanes)

AQUA FITNESS

9:05A - 10:00A: Aqua Boot camp
10:00A - 11:15A: Water Walking
10:00A - 11:15A: Deep Water

FAMILY SWIM

1:15P - 3:15P: Family Swim
6:05P - 8:30P: Family Swim

Wednesday, Nov. 26th

LAP SWIM

5:30A - 8:30A: Lap Swim (6 lanes)
11:30A - 1:00P: Lap Swim (6 lanes)
3:45P - 5:15P: Lap Swim (6 lanes)

AQUA FITNESS

8:45A - 11:15A: Deep Water
9:05A - 9:45A: Senior Aquatics
9:45A - 10:30A: Aqua Cardio Combo
10:30A - 11:15A: Beginner Aquatics

FAMILY SWIM

1:15P - 3:15P: Family Swim
7:00P - 8:30P: Family Swim

Thursday, Nov. 27th

HAPPY THANKSGIVING!!

YMCA Facility Closed

Join us for the Y's inaugural
Turkey Trot Event!

Friday, Nov. 28th

LAP SWIM

5:30A - 8:30A: Lap Swim (6 lanes)
11:30A - 1:00P: Lap Swim (6 lanes)
3:45P - 5:15P: Lap Swim (6 lanes)

AQUA FITNESS

8:45A - 11:15A: Deep Water
9:05A - 9:45A: Senior Aquatics
9:45A - 10:30A: Aqua Cardio Combo
10:30A - 11:15A: Beginner Aquatics

FAMILY SWIM

3:45P - 5:30P: Family Swim
5:45P - 8:30P: Family Swim

Saturday, Nov. 29th

LAP SWIM

8:00A - 12:00P: Lap Swim (6 lanes)

FAMILY SWIM

1:00P - 5:00P: Family Swim

Sunday, Nov. 30th

FAMILY SWIM

1:00P - 4:30P: Family Swim

