



# HASTINGS LAKE YMCA AQUATICS SCHEDULE

Effective February 1, 2024

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Pool Hours</b>	5am-7:45pm	5am-7:45pm	5am-7:45pm	5am-7:45pm	5am-7:45pm	7am-3:45pm	12-3:45pm
<b>Water Fitness</b>	8:30-9:15am <b>Aqua Arthritis</b> 12:30-2:15pm		8:30-9:1am <b>Aqua Arthritis</b> 12:30-2:15pm		8:30-9:15am		
<b>Swim Lessons</b>	4:15-6:45pm	9:30-11am 4:15-6:45pm	4:15-7:00pm	9:30-11:00am 5:15-6:45pm	5-6:30pm	8:30-12:00pm	
<b>Stingrays Swim Team</b>	5:15-7:45pm	5:15-7:45pm	5:15-7:45pm	5:15-7:45pm			
<b>Lap Swim</b>	<b>1 Lane</b> 5:15pm-6:4pm <b>2 Lanes</b> 8:30-9:15am 6:45-7:45pm <b>3 Lanes</b> 12:30-2:15p <b>4 Lanes</b> 9:15am-12:30pm 2:15-5:15pm <b>5 Lanes</b> 5-8:30am	<b>1 Lane</b> 5:00-7:45am <b>2 Lanes</b> 11:00-4:15pm	<b>1 Lane</b> 5:15pm-7:00pm <b>2 Lanes</b> 8:30-9:15am 7:00-7:45pm <b>3 Lanes</b> 12:30-2:15p <b>4 Lanes</b> 9:15-12:30pm 2:15-5:15pm <b>5 Lanes</b> 5am-8:30am	<b>1 Lane</b> 5:15pm-6:45pm <b>2 Lanes</b> 6:45-7:45pm <b>4 Lanes</b> 9:30am-5:15pm <b>5 Lanes</b> 5am-9:30am	<b>5 Lanes</b> 5-8:30am <b>2 Lanes</b> 8:30-9:15am 5:00-6:30pm <b>4 Lanes</b> 9:15am-5:00pm 6:30-7:45pm	<b>2 Lanes</b> 8:30-12:00pm <b>4 Lanes</b> 12pm-3:45pm <b>5 Lanes</b> 7a-8:30am	<b>4 Lanes</b> 12-3:45pm
<b>Open Swim</b>	<b>1 Lane</b> 5-8:30pm <b>2 Lanes</b> 9:15am-12:30pm 2:15-4:15pm	<b>1 Lane</b> 5-9:30am <b>2 Lanes</b> 9:30-11am 11am-1:45pm	<b>1 Lane</b> 5-8:30am <b>2 Lanes</b> 9:15am-12:30pm 2:15-4:15pm	<b>1 Lane</b> 5a-9:30am <b>2 Lanes</b> 11am-5:15pm	<b>1 Lane</b> 5a-8:30am <b>2 Lanes</b> 9:15am-7:45pm	<b>1 Lane</b> 7a-8:30am <b>2 Lanes</b> 12pm-3:45pm	<b>2 Lanes</b> 12pm-3:45pm

- Schedule is subject to change.
- A limited number of lanes will be available during programming times.
- Private swim lessons will receive priority access to the pools during regular operating hours

For additional information or questions, please contact 847-356-4006.

[hastingslakeymca.org](http://hastingslakeymca.org)