YMCA of The Northern Sky Aquatics Center Schedule Summer Part 1: June 9 - July 13 2025

		Мо	nday	Tuesday				Wednesday				Thursday				Friday				Saturday Sunday					1				
		ap	Small Pool	Zero Depth	La		Small Pool	Zero	La		Small Pool	Zero		ap	Small Pool	Zero Depth	La		Small	Zero Depth		ap	Small	Zero		ap	Small	Zero Depth	
5am	P.	Pool Pool Dept		Deptn	Pool		1001	Depth	Pool		POOI	Depth	Pool		Open Swim 5-6a	Deptn	PC	ool	Pool Open Swim 5-6a		Pool Pool Depth Aquatics Center					Pool	Depth	5am	
6am 7am	Lap Swim 6 Ianes 5 - 8:30a am		Hydro Conditioning 6-7a		Lap Swim 6 Ianes		Open Swim 5-8a		Lap Swim 6 lanes 5 - 8:30a		Open Swim 5-8a		Lap Swim 6 Ianes		Hydro Conditioning 6-7a	6		Swim Ines 8am	Hydro Conditioning 6-7a	ioning			Open Swim						6am
8am			Open Swim 7-8a		5 - 9a								5 - 9a		Open Swim 7-8a				Open Swim 7-9a		Lap Swim 6 lanes 5 - 10a		6a-8a Aqua		Lap Swim 6 Ianes 5 - 10a				8am
9am	Water in Motion 8:30-	Lap Swim 3 lanes 8:30-					Hydro Conditioning 8-9a		Water in Motion 8:30-	Lap Swim 3 lanes 8:30-	Hydro Conditioning 8-9a				Hydro Conditioning 8-9a	_	Water in Motion 8-9a	Lap Swim 3 lanes 8-9a			5 - 10a		Class* 2nd Sat 8-9a		5 - 10a				9am
10an	9:30a Swim Lessons	9:30a Lap Swim	Swim Lessons 9-11:30a		Swim Lessons 4 Ianes 9-11:30a	Lap Swim 2 Lanes 9-11:30a	Swim Lessons 9-11:30a		9:30a Swim Lessons	9:30a Lap Swim	Swim Lessons 9-11:30a	Open Swim 5a- 9:30p	Swim Lessons 4 lanes 9-11:30a	Lap Swim 2 Lanes 9-11:30a	Swim Lessons		Lap Swim 6 lanes 9a-12p		Childcare Swim 9-10:30am					Open Swim 6a-3p			Open	Open	10an
11an	4 lanes 9:30- 11:30a	2 Lanes 9:30- 11:30a	9-11:30a						4 lanes 9:30- 11:30a	2 Lanes 9:30- 11:30a					9-11:30a				Open Swim 10:30-11:30a				Open Swim 9a-3p		41		Swim 6a-3p	Swim 6a-3p	11an
12pn	Swim 2 Lanes	Lap Swim 4 Lanes 11:30a-	Hydro Conditioning 11:30-12:30p		Swim 5a-	Lap Swim 4 Lanes 11:30a 1:30p	Open Swim 11:30-1:30p Swim Lessons 1:30-7p	Open Swim 5a- 9:30p	Open Swim w/rock wall	Lap Swim 4 Lanes 11:30a-	Hydro Conditioning 11:30-12:30p		m	m ti 4 Lanp Swim 4 Lanp Swim 1:30a- 1:30a- 1:30p 2 Lanp Swim 2 Lanp Swim	Open Swim 11:30-1:30p	Open Swim Sa- 9:30p			Hydro Conditioning 11:30-12:30p	nditioning :30-12:30p		Lap Swim 4 lanes				Lap Swim 4 lanes			12pn
1pm	11:30a- 1:30p	11:30a- 1:30p	Open Swim 12:30-1:30p	Open Swim 5a-					2 lanes 11:30- 1:30p	1:30p	Open Swim 12:30-1:30p						Camp Swim 2 Ianes 12-2p			Open Swim 5a- 8:30p	wali 2 lanes 10a-3pm	10a-3p			2 lanes 10a-3pm	10a-3p			1pm
2pm				9:30p						Lap Swim 2 Lanes 1:30-7p	Swim Lessons 1:30-7p						Open Swim w/rock wall 2 lanes	Lap Swim 4 lanes 12-8:30p	Open Swim 12:30p-8:30p										2pm
3pm	1														Swim Lessons 1:30-7p						Aquatics Center Closes at 3pm						3pm		
4pm	Swim Lessons 4 lanes 1:30-7p	sons 2 Lanes	Swim Lessons 1:30-7p	5	Swim Lessons 4 lanes 1:30-7p				Swim Lessons 4 lanes 1:30-7p												* The	Aqua C			morning is only on the 2nd each month				4pm
5pm																					For a complete list of our Pool Rules please visit our Website.					our	5pm		
6pm																	2-8:30p									6pm			
7pm	Deep Hydro 3 lanes 7-8p	Lap Swim 3 lanes 7-8pm			Open Swim w/rock wall 2 lanes 7-9:30p	Lap Swim 4 Lanes 7-9:30p	Hydro Conditioning 7:05-8p		Deep Hydro 3 lanes 7-8p	Lap Swim 3 lanes 7-8pm	Open Swim 7-9:30p		Open Swim W/rock wall 2 lanes 7-9:30p		Hydro Conditioning 7:05-8p														7pm
8pm	Open Swim w/rock	Lap Swim	Open Swim 7-9:30p				Open Swim 8-9:30p		Open Swim w/rock wall 2 lanes 8-9:30p	Lap Swim 4 lanes 8-9:30p				Lap Swim 4 Lanes 7-9:30p	Open Swim 8-9:30p														8pm
9pm	2 lanes 8-9:30p	8-9:30p													9-9:30µ		Aqu	atics Center	r Closes at 8:30	pm									9pm
							Aquati	cs Center (Closes at 9:	30pm																			