

**INDEPENDENT HEALTH FAMILY BRANCH YMCA**  
**MAIN POOL-AQUATIC EXERCISE HOURS**  
 January 4-February 28, 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Independent Exercise 7:00-8:45am Lanes 5-6*	Independent Exercise 5:00-9:00am Lane 6	Independent Exercise 5:00-9:00am Lane 6	Independent Exercise 5:00-9:00am Lane 6	Independent Exercise 5:00-9:00am Lane 6	Independent Exercise 5:00-9:00am Lane 6	Independent Exercise 7:00-8:00am Lane 6
<b>Aqua Fit</b> 9:00-10:00am Instructor: Rebecca Lanes 4-6	<b>Aqua Fit</b> 9:00-10:00am Instructor: Daneen Lanes 3-6	<b>Strength &amp; Stretch</b> 9:00-10:00am Instructor: Beth Lanes 4-6	<b>Aqua Fit</b> 9:00-10:00am Instructor: Daneen Lanes 3-6	<b>Strength &amp; Stretch</b> 9:00-10:00am Instructor: Beth Lanes 4-6	<b>Aqua Fit</b> 9:00-10:00am Instructor: Daneen Lanes 3-6	<b>Deep Water Core</b> 8:00-9:00am Rotating Instructors Lane 5-6
<b>Aqua Fit</b> 10:00-11:00am Instructor: Rebecca Lanes 4-6	<b>Aqua Fit Low</b> 10:00-11:00am Instructor: Daneen Lanes 3-6	<b>Aqua Fit</b> 10:00-11:00am Instructor: Beth Lanes 4-6	<b>Aqua Fit Low</b> 10:00-11:00am Instructor: Daneen Lanes 3-6	<b>Aqua Fit</b> 10:00-11:00am Instructor: Beth Lanes 4-6	<b>Aqua Fit Low</b> 10:00-11:00am Instructor: Daneen Lanes 4-6	Independent Exercise 9:00-10:30am Lanes 5-6*
Independent Exercise 11:00am-5:45pm Lane 5-6*	Independent Exercise 11:00-12:00pm Lane 6	Independent Exercise 11:00-12:15pm Lane 6	Independent Exercise 11:00-12:00pm Lane 6	Independent Exercise 11:00-12:15pm Lane 6	Independent Exercise 11:00-12:00pm Lane 6	Independent Exercise 10:30-12:15pm Lane 6*
	<b>AFAP Arthritis</b> 12:00-12:45pm Instructor: Margerite Lanes 5-6	<b>Aqua Zumba</b> 12:30-1:20pm Instructor: Sara Lanes 3-6	<b>AFAP Arthritis</b> 12:00-12:45pm Instructor: Erin Lanes 5-6	<b>Aqua Zumba</b> 12:30-1:20pm Instructor: Sara Lanes 3-6	<b>AFAP Arthritis</b> 12:00-12:45pm Instructor: Erin Lanes 5-6	
	<b>Aqua Fit Low</b> 1:00-2:00pm Instructor: Gary Lanes 5-6	<b>Aqua Fit</b> 1:30-2:20pm Instructor: Sara Lanes 3-6	<b>Aqua Fit Low</b> 1:00-2:00pm Instructor: Gary Lanes 5-6	<b>Aqua Fit</b> 1:30-2:20pm Instructor: Sara Lanes 3-6	<b>Aqua Fit Low</b> 1:00-2:00pm Instructor: Gary Lanes 5-6	Independent Exercise 12:15-7:45pm Lanes 5-6*
	Independent Exercise 2:00-5:15pm Lanes 5-6*	Independent Exercise 2:30-6:00pm Lanes 5-6*	Independent Exercise 2:00-5:15pm Lanes 5-6*	Independent Exercise 2:30-6:00pm Lanes 5-6*	Independent Exercise 2:00-6:00pm Lanes 5-6*	
	Independent Exercise 7:00-8:30pm Lanes 6	<b>Aqua Fit</b> 6:00-7:00pm Instructor: Rebecca Lanes 4-6	Independent Exercise 7:00-8:30pm Lanes 6	<b>Deep Water Core</b> 6:00-7:00pm Instructor: Marguerite Lanes 4-6	Independent Exercise 6:00-8:00pm Lanes 6	
	Independent Exercise 8:30-9:00pm Lanes 5-6*	<b>Aqua Zumba</b> 8:15-9:00pm Instructor: Denise Lanes 5-6	Independent Exercise 8:30-9:00pm Lanes 5-6*	<b>Aqua Zumba</b> 8:15-9:00pm Instructor: Denise Lanes 5-6	Independent Exercise 8:00-9:00pm Lane 5-6*	
	Independent Exercise 9:00-9:45pm Lane 6	Independent Exercise 8:00-9:45pm Lane 6*	Independent Exercise 9:00-9:45pm Lane 6	Independent Exercise 8:00-9:45pm Lane 6*	Independent Exercise 9:00-9:45pm Lane 6	

- Independent Exercise, Family Swim, and Swim Lessons share space in the lanes at various times scheduled marked with an \*.
- Schedule is subject to change.
- Prohibited use outside pool hours.

INDEPENDENT HEALTH FAMILY BRANCH YMCA  
**MAIN POOL-LAP SWIM HOURS**  
 January 4-February 28, 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Lap Swim 7:00-8:45am Lanes 1-5	Lap Swim 5:00-8:45am Lanes 1-5	Lap Swim 5:00-8:45am Lanes 1-5	Lap Swim 5:00-8:45am Lanes 1-5	Lap Swim 5:00-8:45am Lanes 1-5	Lap Swim 5:00-8:45am Lanes 1-5	Lap Swim 7:00-8:00am Lanes 1-5
Lap Swim 9:00-11:00am Lanes 2-3	Lap Swim 9:00-11:00am Lanes 1-2	Lap Swim 9:00-11:00am Lanes 1-3	Lap Swim 9:00-11:00am Lanes 1-2	Lap Swim 9:00-11:00am Lanes 1-3	Lap Swim 9:00-10:00am Lanes 1-2	Lap Swim 8:00-9:00am Lanes 1-3
					Lap Swim 10:00-11:00am Lanes 2-3	
Lap Swim 11:00-1:00pm Lanes 3-4	Lap Swim 11:00-12:00pm Lanes 1-5	Lap Swim 11:00-12:15pm Lanes 1-5	Lap Swim 11:00-12:00pm Lanes 1-5	Lap Swim 11:00-12:15pm Lanes 1-5	Lap Swim 11:00-12:00pm Lanes 3-5	Lap Swim 9:00-10:30am Lanes 3-4
	Lap Swim 12:00-4:00pm Lanes 1-4	Lap Swim 12:30-2:30pm Lanes 1-2	Lap Swim 12:00-4:00pm Lanes 1-4	Lap Swim 12:30-2:30pm Lanes 1-2	Lap Swim 12:00-4:00pm Lanes 1-4	
	Lap Swim 4:00-5:15pm Lanes 2-4	Lap Swim 2:30-4:00pm Lanes 1-4	Lap Swim 4:00-5:15pm Lanes 2-4	Lap Swim 2:30-4:00pm Lanes 2-4	Lap Swim 4:00-6:00pm Lanes 2-4	Lap Swim 10:30-12:15pm Lanes 4-5
		Lap Swim 4:00-5:15pm Lanes 2-4		Lap Swim 4:00-5:15pm Lanes 2-4		
Lap Swim 1:00-5:45pm Lanes 1-4	Lap Swim 5:15-6:00pm Lanes 4-5	Lap Swim 5:15-6:00pm Lanes 3-4	Lap Swim 5:15-6:00pm Lanes 4-5	Lap Swim 5:15-6:00pm Lanes 3-4	Lap Swim 6:00-8:00pm Lanes 4-5	Lap Swim 12:15-2:00pm Lanes 3-4
	Lap Swim 6:00-7:00pm Lanes 5-6	Lap Swim 6:00-7:00pm Lanes 1-3	Lap Swim 6:00-7:00pm Lanes 5-6	Lap Swim 6:00-7:00pm Lanes 1-3	Lap Swim 8:00-9:00pm Lanes 1-4	Lap Swim 2:00-7:45pm Lanes 1-4
	Lap Swim 7:00-8:30pm Lanes 4-5	Lap Swim 7:00-8:00pm Lanes 5-6	Lap Swim 7:00-8:30pm Lanes 4-5	Lap Swim 7:00-8:00pm Lanes 5-6		
	Lap Swim 8:30-9:00pm Lanes 1-4	Lap Swim 8:00-9:00pm Lanes 1-4	Lap Swim 8:30-9:00pm Lanes 1-4	Lap Swim 8:00-9:00pm Lanes 1-4	Lap Swim 9:00-9:45pm Lanes 1-5	
	Lap Swim 9:00-9:45pm Lanes 1-5	Lap Swim 9:00-9:45pm Lanes 1-5	Lap Swim 9:00-9:45pm Lanes 1-5	Lap Swim 9:00-9:45pm Lanes 1-5		

- Lap Swim is available for active members, first come first serve.
- Follow Lap Lane Etiquette, split or circle swim.
- Children must be able pass a swim test to swim laps.
- Safe Pool Rules available on deck and back of schedule.
- Schedule is subject to change.
- Prohibited use outside pool hours.

INDEPENDENT HEALTH FAMILY BRANCH YMCA  
**MAIN POOL-SWIM INSTRUCTION & FAMILY SWIM HOURS**

January 4-February 28, 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Family Swim</b> 7:00-8:45am Lanes 5-6*					<b>Homeschool Swim Lessons</b> 10:00-11:00am Lanes 1 Registration Required	<b>Swim Lessons</b> 9:00-2:00pm Lanes 1-2  10:30-12:15pm Lane 3 Registration Required
<b>Swim Lessons</b> 9:00-1:00pm Lane 1 Registration Required					<b>Homeschool Swim Lessons</b> 11:00-12:00pm Lanes 1-2 Registration Required	
<b>Swim Lessons</b> 11:00-1:00pm Lanes 1-2 Registration Required	<b>Family Swim</b> 2:00-5:45pm Lanes 5-6*	<b>Family Swim</b> 2:30-5:45pm Lanes 5-6*	<b>Family Swim</b> 2:00-5:45pm Lanes 5-6*	<b>Swim Lessons</b> 3:15-4:00pm Lane 1 Registration Required	<b>Family Swim</b> 2:00-5:45pm Lanes 5-6*	<b>NO FAMILY SWIM</b> 9:00-12:15pm
	<b>Swim Lessons</b> 4:00-6:00pm Lane 1 Registration Required		<b>Swim Lessons</b> 4:00-6:00pm Lane 1 *Registration Required	<b>Family Swim</b> 2:30-5:45pm Lanes 5-6*	<b>Swim Lessons</b> 4:00-6:00pm Lane 1 Registration Required	
		<b>Swim Team</b> 5:15-6:00pm Lane 1-3 Registration Required	<b>Swim Lessons</b> 4:00-6:00pm Lane 1 Lanes 5-6* Registration Required	<b>Swim Team</b> 5:15-6:00pm Lane 1-3 Registration Required	<b>Swim Lessons</b> 4:00-6:00pm Lane 1 Lanes 5-6* Registration Required	<b>Swim Team</b> 6:00-8:00pm Lanes 1-3 Registration Required
<b>Family Swim</b> 11:00-5:30pm Lanes 5-6*	<b>Swim Team</b> 6:00-7:00pm Lanes 1-4 Registration Required	<b>Swim Team Prep</b> 5:15-6:00pm Lanes 2 Registration Required	<b>Swim Team</b> 6:00-7:00pm Lanes 1-4 Registration Required	<b>Swim Team Prep</b> 5:15-6:00pm Lanes 2 Registration Required	<b>Family Swim</b> 8:00-9:00pm Lanes 5-6*	
	<b>Swim Team</b> 7:00-8:30pm Lanes 1-3 Registration Required	<b>Swim Team</b> 7:00-8:00pm Lanes 1-4 Registration Required	<b>Swim Team</b> 7:00-8:30pm Lanes 1-3 Registration Required	<b>Swim Team</b> 7:00-8:00pm Lanes 1-4 Registration Required		
	<b>Family Swim</b> 8:30-9:00pm Lanes 5-6*		<b>Family Swim</b> 8:30-9:00pm Lanes 5-6*			

- Family Swim is available for active family members, first come first serve. Limited sections during swim lessons.
- Independent Exercise, Family Swim, Swim Lessons share space in the lanes at various times scheduled marked with an \*.
- Schedule is subject to change.
- Prohibited use outside pool hours.

# INDEPENDENT HEALTH FAMILY BRANCH YMCA

## ZERO DEPTH POOL HOURS

January 4-February 28, 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Swim Lessons</b> 9:00-11:45am Registration Required  <b>Family Swim</b> 9:00-11:45am Limited Sections	<b>Family Swim</b> 9:00-4:00pm	<b>Independent Water Walking</b> Adults 9:00-10:00am	<b>Family Swim</b> 9:00-4:00pm	<b>Independent Water Walking</b> Adults 9:00-10:00am	<b>Family Swim</b> 9:00-10:00am	<b>Swim Lessons</b> 8:40-12:00pm Registration Required  <b>Pool Closed for Lessons</b>
<b>Birthday Party</b> 12:00-1:00pm Registration Required  <b>Pool Closed</b>		<b>Family Swim</b> 10:00-4:00pm		<b>Family Swim</b> 10:00-4:00pm	<b>Homeschool Swim Lessons</b> 10:00-11:00am Registration Required  <b>Pool Closed for Lessons</b> <b>No Open Swim</b>	<b>Birthday Party</b> 12:00-1:00pm Registration Required  <b>Pool Closed</b>
<b>Family Swim</b> 12:15-5:30pm	<b>Swim Lessons</b> 4:00-6:00pm Registration Required  <b>Family Swim</b> 4:00-6:00pm Limited Sections	<b>Swim Lessons</b> 4:00-6:00pm Registration Required  <b>Family Swim</b> 4:00-6:00pm Limited Sections	<b>Swim Lessons</b> 4:00-6:00pm Registration Required  <b>Family Swim</b> 4:00-6:00pm Limited Sections	<b>Swim Lessons</b> 4:00-6:00pm Registration Required  <b>Family Swim</b> 4:00-6:00pm Limited Sections	<b>Family Swim</b> 11:00-8:00pm	<b>Family Swim</b> 1:15-7:30pm
	<b>Family Swim</b> 6:00-8:00pm	<b>Family Swim</b> 6:00-8:00pm	<b>Family Swim</b> 6:00-8:00pm	<b>Family Swim</b> 6:00-8:00pm		

- Family Swim is available for active family members, first come first serve. Limited sections during swim lessons.
- Pool is closed for independent use during Saturday Swim Lessons and Birthday Parties.
- Schedule is subject to change.
- Prohibited use outside pool hours.