

INDEPENDENT HEALTH FAMILY BRANCH YMCA
MAIN POOL-AQUATIC EXERCISE HOURS
 September 6 – October 24, 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
Aqua Fit 9:00-10:00am Instructor: Rebecca Lanes 4-6	Independent Exercise 9:00-11:00am Lane 5-6	Strength & Stretch 9:00-10:00am Instructor: Beth Lanes 4-6	Independent Exercise 9:00-11:00am Lane 5-6	Strength & Stretch 9:00-10:00am Instructor: Beth Lanes 4-6	Independent Exercise 9:00-11:00am Lane 5-6	Deep Water Core 8:00-9:00am Rotating Instructors Lane 4-6
Aqua Fit 10:00-11:00am Instructor: Rebecca Lanes 4-6		Aqua Fit 10:00-11:00am Instructor: Beth Lanes 4-6		Aqua Fit 10:00-11:00am Instructor: Beth Lanes 4-6		Independent Exercise 9:00-10:30am Lanes 5-6*
Independent Exercise 11:00am-5:45pm Lane 5-6*	Independent Exercise 11:00am-12:00pm Lane 6	Independent Exercise 11:00am-12:15pm Lane 6	Independent Exercise 11:00am-12:00pm Lane 6	Independent Exercise 11:00am-12:15pm Lane 6	Independent Exercise 11:00am-12:00pm Lane 6	Independent Exercise 10:30am-12:15pm Lane 6*
	AFAP Arthritis 12:00-12:45pm Instructor: Margerite Lanes 5-6	Aqua Zumba 12:30-1:20pm Instructor: Sara Lanes 3-6	AFAP Arthritis 12:00-12:45pm Instructor: Erin Lanes 5-6	Aqua Zumba 12:30-1:20pm Instructor: Sara Lanes 3-6	AFAP Arthritis 12:00-12:45pm Instructor: Erin Lanes 5-6	
	Aqua Fit Low 1:00-2:00pm Instructor: Gary Lanes 4-6	Aqua Fit 1:30-2:20pm Instructor: Sara Lanes 3-6	Aqua Fit Low 1:00-2:00pm Instructor: Erin Lanes 4-6	Aqua Tabata 1:30-2:20pm Instructor: Sara Lanes 3-6	Aqua Fit Low 1:00-2:00pm Instructor: Gary Lanes 4-6	Independent Exercise 1:00-7:45pm 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 2:00-5:45pm Lanes 5-6*	
	Independent Exercise 5:15-6:00pm Lane 6*	Aqua Fit 6:00-7:00pm Instructor: Rebecca Lanes 4-6	Independent Exercise 5:15-6:00pm Lane 6*	Deep Water Core 6:00-7:00pm Instructor: Marguerite Lanes 4-6		
	Independent Exercise 8:30-9:00pm Lanes 5-6*	Aqua Zumba 8:15-9:00pm Instructor: Denise Lanes 5-6	Independent Exercise 8:30-9:00pm Lanes 5-6*	Independent Exercise 8:00-9:00pm Lanes 5-6*	Independent Exercise 8:00-9:00pm Lane 5-6*	
	Independent Exercise 9:00-9:45pm Lane 6	Independent Exercise 9:00-9:45pm Lane 6*	Independent Exercise 9:00-9:45pm Lane 6	Independent Exercise 9:00-9:45pm 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

September 6– October 24, 2026



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

September 6 – October 24, 2026



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

September 6 – October 24, 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Swim Lessons 9:00-11:00am Registration Required Pool Closed for Lessons	Family Swim 9:00am-4:00pm	Independent Water Walking Adults 9:00-10:00am	Family Swim 9:00am-4:00pm	Independent Water Walking Adults 9:00-10:00am	Family Swim 9:00-10:00am	Swim Lessons 8:30am-12:00pm Registration Required Pool Closed for Lessons
Swim Lessons 11:00am-12:00pm Registration Required Family Swim 11:00-11:45am Limited Sections		Family Swim 10:00am-4:00pm		Family Swim 10:00am-4:00pm	Homeschool Swim Lessons 10:00-11:00am Registration Required Pool Closed for Lessons	
Birthday Party 12:00-1:00pm Registration Required Pool Closed	Swim Lessons 4:00-6:00pm Registration Required Family Swim 4:00-6:00pm Limited Sections	Swim Lessons 4:00-7:00pm Registration Required Family Swim 4:00-7:00pm Limited Sections	Swim Lessons 4:00-6:00pm Registration Required Family Swim 4:00-6:00pm Limited Sections	Swim Lessons 4:00-7:00pm Registration Required Family Swim 4:00-7:00pm Limited Sections	Family Swim 11:00am-4:00pm	Birthday Party 12:00-1:00pm Registration Required Pool Closed
Family Swim 1:15-5:30pm	Family Swim 6:00-8:00pm	Family Swim 7:00-8:00pm	Family Swim 6:00-8:00pm	Family Swim 7:00-8:00pm	Family Swim 4:00-8:00pm	Family Swim 1:15-7:30pm

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