



ALTRU FAMILY YMCA AQUATICS SCHEDULES



Spring 2026

LAP SWIM

Monday through Friday	5:45-8:30 am/11:30-1:30 pm
Monday & Friday	6:00-7:00 pm
Wednesday	6:30-7:30 pm
Saturday	7:00 - 8:55 am/12:00 - 1:30 pm
Sunday	12:00 - 1:30 pm

** Schedule will change to summer hours June 1 **



OPEN/FAMILY SWIM

Monday & Friday	7:00-8:30 pm
Wednesday	7:30-8:30 pm
Saturday & Sunday	2:00 - 5:00 pm

** Schedule will change to summer hours June 1 **

WATER EXERCISE CLASSES

Mon/Wed/Fri	8:30 - 9:30 am	Water Fit
Mon	5:15 - 6:00 pm	Shallow Water Power (last indoor class May 20)
Wed	5:15 - 6:00 pm	Shallow & Deep Water Power (last indoor class May 20)
Tues/Thurs	1:30 - 2:15 pm	Silver Splash (last class June 4)
Tues/Thurs	8:30 - 9:30 am	Boot Camp H ₂ O
Saturday	9:00 - 10:00 am	Shallow Water Power

** Look for schedule changes after June 1**

OUTDOOR WATER EXERCISE CLASSES • ELKS POOL - ** START JUNE 8, 9 **

Tues, Wed, Thurs, Fri	11:05-11:55 am
Monday & Wednesday	5:15-6:00 pm

SWIM LESSONS

Tuesday & Thursday	4:00-6:30 pm	Preschool & School Age
Wednesday	6:00-6:30 pm	Parent & Me
Saturday	10:00-10:30 am	Parent & Me
Sunday	11:00-11:50 am	Adult

** Schedules change June 1 **

** Schedule is subject to change at any time.**

ALTRU FAMILY YMCA

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