



Genesee County YMCA

Aquatic Center Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 am		Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	
6 am		Water Walking	Water Walking	Water Walking	Water Walking	Water Walking	
7 am		Aquatic Center Will Closed 6:50 am-7:00 am for Lifeguard Break					
8 am	Lap Swim Water Walking	Lap Swim Water Walking	Lap Swim Water Walking	Lap Swim Water Walking	Lap Swim Water Walking	Lap Swim Water Walking	Lap Swim Water Walking
9 am		Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim Swim Lessons
10 am		Adult Swim Splash Pad	Adult Swim Splash Pad	Adult Swim Splash Pad	Adult Swim Splash Pad	Adult Swim Splash pad	
11 am	Lap Swim Family Swim Splash Pad	Lap Swim Water X	Lap Swim Water X	Lap Swim Water X	Lap Swim Water X	Lap Swim Water X	
12 pm		Lap Swim Family Swim Splash Pad	Lap Swim Family Swim Splash Pad	Lap Swim Family Swim Splash Pad	Lap Swim Family Swim Splash Pad	Lap Swim Family Swim Splash Pad	Lap Swim, Family Swim Splash Pad
1 pm							
2 pm	The Aquatic Center will close at 1:30 pm						
3 pm		Swim Team Lap Swim	Swim Team Lap Swim Swim Lessons	Swim Team Water Polo	Swim Team Lap Swim Swim Lessons	Swim Team Lap Swim	The Aquatic Center will close at 3:30 pm
4 pm							
5 pm							
6 pm		Lap Swim, Family Swim Splash Pad	Lap Swim Water X Water Walking	Lap Swim, Family Swim Splash Pad	Lap Swim Water X Water Walking	Lap Swim, Family Swim Splash Pad	Aquatic Center will close at 8:30 pm
7 pm							
8 pm							

Aquatic Center Schedule is subject to change without notice.

Use of Pool and Sauna is prohibited at any other time.

June 2025

Lap Swim– Dedicated swim time for individuals to swim laps in a designated lane. Open to ages 9 and up , lap swim provides an opportunity to work on endurance, technique, or simply enjoy a focused, uninterrupted swim. Please be courteous and follow lane etiquette by circle swimming and allowing faster swimmers to pass when appropriate.

Water Walking– A low-impact exercise in designated pool areas, ideal for all fitness levels. Move at your own pace to build strength, balance, and flexibility.

Splash Pad–A fun, interactive water play area with fountains, sprays, and water features for all ages — from toddlers to adults. Perfect for cooling off and enjoying splash-filled fun.

Family Swim–Open swim time for everyone to enjoy the pool together — kids, parents, and caregivers alike. All ages are welcome to splash, play, and relax in a safe, fun environment.

Water X– A water aerobics class combining cardio and resistance exercises for a full-body, low-impact workout. Suitable for all fitness levels.

Monday–Friday 11:00am–12:00pm and Tuesday/Thursday 7:00pm–8:00pm

Swim Lessons– Structured swimming classes for ages 6 months to 14 years, designed to build confidence and improve technique. This program requires registration in advance. Check the program guide for session dates and enrollment details.

Tuesday, Thursday 5:30pm–6:45pm Saturdays 9:00am–11:30pm

Youth Water Polo– Organized water polo sessions for kids and teens to develop skills, teamwork, and game strategy. This program requires registration in advance. Check the program guide for session dates and enrollment details.

Wednesdays 5:00–5:45pm

Swim Team–Structured training sessions for competitive swimmers to improve technique, endurance, and race skills. Open to registered team members only.

Monday, Wednesday, Friday– 4:15pm–5:45pm Tuesday, Thursday– 4:00pm–5:20pm