



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	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
9 am		Water Walking	Water Walking	Water Walking	Water Walking	Water Walking	Water Walking
10 am		Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
11 am		Adult Swim	Adult Swim	Adult Swim	Adult Swim	Adult Swim	Swim
12 pm	Lap Swim	Splash Pad	Splash Pad	Splash Pad	Splash Pad	Splash pad	Lessons
1 pm	Family Swim						
2 pm	The Aquatic Center will close at 1:30 pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	
3 pm		Water X	Water X	Water X	Water X	Water X	
4 pm		Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim,
5 pm		Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim
6 pm		Splash Pad	Splash Pad	Lap Swim	Splash Pad	Splash Pad	Splash Pad
7 pm				Aqua Yo Pi Chi			
8 pm		Lap Swim		Lap Swim	Lap Swim	Lap Swim	
9 pm		BASE Swim		BASE Swim	BASE Swim	BASE Swim	The Aquatic Center will close at 3:30 pm
10 pm		Swim	Swim	Swim	Swim	Swim	
11 pm		Team	Team	Team	Team	Team	
12 pm							
1 pm		Lap Swim,	Lap Swim	Lap Swim	Lap Swim	Lap Swim	
2 pm		Family Swim	Swim	Family Swim	Family Swim	Family Swim	
3 pm		Splash Pad	Lessons	Splash Pad	Lessons	Splashpad	
4 pm			Water X	Water Walking	Water Walking		
5 pm							
6 pm							
7 pm							
8 pm							
9 pm							
10 pm							
11 pm							
12 pm							

Aquatic Center Schedule is subject to change without notice.

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

November 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

Aqua Yo Pi Chi–Find your balance in the water! This unique class combines the flowing movements of Tai Chi, the core-strengthening of Pilates, and the flexibility of Yoga, all in the support of the pool. Gentle on the joints yet effective for building strength, balance, and relaxation, Aqua Yo Pi Chi is perfect for all fitness levels. Leave class feeling centered, energized, and refreshed.

Wednesdays 2:00pm–3:00pm