



# 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 Water Walking	
9 am		Water Walking	Water Walking	Water Walking	Water Walking	Water Walking	Swim Team	
10 am		Lap Swim Adult Swim Splash Pad	Lap Swim Adult Swim Splash Pad	Lap Swim Adult Swim Splash Pad	Lap Swim Adult Swim Splash Pad	Lap Swim Adult Swim Splash pad	Lap Swim	
11 am		Lap Swim Water X	Lap Swim Water X	Lap Swim Water X	Lap Swim Water X	Lap Swim Water X	Lap Swim Swim Lessons	
12 pm	Lap Swim Family Swim Splash Pad	Lap Swim Rusty Hinges		Lap Swim Rusty Hinges				
1 pm				Lap Swim Family Swim Splash Pad			Lap Swim,	
2 pm	The Aquatic Center will close at 1:30 pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Family Swim	
3 pm		Family Swim	Family Swim	Lap Swim Aqua Yo Pi Chi	Family Swim	Family Swim	Splash Pad	
4 pm		Splash Pad	Splash Pad	Lap Swim Family Swim Splash Pad	Splash Pad	Splash Pad	The Aquatic Center will close at 3:30 pm	
5 pm								
6 pm		Lap/Family Swim Team (ONLY 1 LAP LANE)	Lap Swim Swim Lessons	SWIM TEAM WATER POLO SPLASH PAD	Lap Swim Swim Lessons	Lap/Family Swim Team (ONLY 1 LAP LANE)		
7 pm			Lap Swim Water X		Lap Swim Water X	Lap Swim		
8 pm		Lap Swim Family Swim	Water Walking	Lap Swim Family Swim	Water Walking	Family Swim Splash Pad		
			Aquatic Center will close at 8:30 pm					

**Aquatic Center Schedule is subject to change without notice.  
Use of Pool and Sauna is prohibited at any other time.**

## May 2026

**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

**Rusty Hinges**– Ease those creaky joints and get moving again with Rusty Hinges, a low-impact aquatics class designed to gently improve flexibility, mobility, and strength. Set in the supportive environment of warm water, this class is perfect for older adults, beginners, or anyone looking to ease back into physical activity after time away

Monday/Wednesday 12:00pm–1:00pm

**Swim team** – this is a group where swimmers practice together to improve speed, technique, and endurance. It's both competitive and fun, with meets against other teams, but also a supportive environment where everyone pushes each other to get better. Registration Required.

Monday/Wednesday/Friday/Saturday