Genesee County YMCA
Aquatic Center Schedule 2026

NOVEMBER 2026

HOUR	SUN	MON	TUE	WED	THU	FRI	SAT
5:30 AM	POOL OPENS AT 7 AM	Lap Swim Water Walking	Lap Swim Morning Wave	Lap Swim Water Walking	Lap Swim Morning Wave	Lap Swim Water Walking	POOL OPENS AT 7 AM
6 AM		Aquatic Center Will Close 6:50 am-7:00 am for Lifeguard Break					
7 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	Morning Wave
8 AM							Riptide Swim Team
9 AM		Lap Swim Adult Swim Splash Pad	PRE-K Lap Swim	PRE-K Lap Swim Adult Swim Splash Pad	Lap Swim	Lap Swim Adult Swim Splash Pad	Lap Swim
10 AM			Lap Swim Adult Swim Splash Pad		Lap Swim Adult Swim Splash Pad		Swim Lessons at 9:30 Lap Swim
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 Rusty Hinges	Lap Swim Family Swim Splash Pad	Lap Swim Rusty Hinges	Lap Swim Family Swim Splash Pad	Lap Swim Family Swim Splash Pad	Lap Swim Family Swim Splash Pad
1 PM		Lap Swim Family Swim Splash Pad		Lap Swim Family Swim Splash Pad			
2 PM	Pool Closes at 1:30 PM						
3 PM		BASE		BASE		BASE	
4 PM		RIPTIDE SWIM TEAM	RIPTIDE SWIM TEAM	RIPTIDE SWIM TEAM	RIPTIDE SWIM TEAM	RIPTIDE SWIM TEAM	Pool Closes at 3:30 PM
5 PM							
6 PM		Lap Swim Fam Swim Splash Pad	Swim Lessons Lap Swim 5:30	Lap Swim Fam Swim Splash Pad	Swim Lessons Lap Swim 5:30	Lap Swim Fam Swim Splash Pad	
7 PM			Lap Swim Water X		Lap Swim Water X		
8 PM		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.

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

Riptide 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.