

# POOL & AQUATICS CLASS SCHEDULE

EFFECTIVE DATE 7/6/2025-7/12/2025

## MONDAY

5:00AM-6:15AM

**LAP SWIM**

(2 LANES OPEN EXERCISE)

6:15AM-7:00AM

**DEEP WATER FIT**

Mod/High

(1 LANE LAP SWIM, AVAILABILITY  
DEPENDING ON CLASS SIZE)

7:00AM-8:00AM

**OPEN SWIM**

(2 LANES LAP SWIM)

8:00AM-9:00AM

**AQUA FIT**

Low/Mod

(1 LANE LAP SWIM, AVAILABILITY  
DEPENDING ON CLASS SIZE)

9:00AM-10:00AM

**AQUA FIT**

Low/Mod

(1 LANE LAP SWIM, AVAILABILITY  
DEPENDING ON CLASS SIZE)

10:00AM-11:00AM

**YOUNG AT HEART**

Low/Mod

(1 LANE LAP SWIM, AVAILABILITY  
DEPENDING ON CLASS SIZE)

11:00AM-1:00PM

**LAP SWIM**

(2 LANES OPEN EXERCISE)

1:00PM-2:00PM

**SWIM LESSONS \$**

(1 LANE LAP SWIM)

2:00PM-3:15PM

**DAY CAMP/LESSONS \$**

(POOL CLOSED)

3:15PM-9:00PM

**OPEN SWIM**

(2 LANES LAP SWIM)

9:00PM-11:00PM

**POOL CLOSED**

## TUESDAY

5:00AM-7:00AM

**LAP SWIM**

(2 LANES OPEN EXERCISE)

7:00AM-8:00AM

**OPEN SWIM**

(2 LANES LAP SWIM)

8:00AM-9:00AM

**AQUA FIT**

Low/Mod

(POOL CLOSED)

9:00AM-10:00AM

**SILVER SNEAKERS**

**SILVER SPLASH®**

Low/Mod

(POOL CLOSED)

9:00AM-10:00AM

**DEEP WATER FIT**

Mod/High

(POOL CLOSED)

10:00AM-11:00AM

**YOUNG AT HEART**

Low/Mod

(POOL CLOSED)

11:00AM-1:00PM

**LAP SWIM**

(2 LANES OPEN EXERCISE)

1:00PM-2:00PM

**SWIM LESSONS \$**

(1 LANE LAP SWIM)

2:00PM-3:15PM

**DAY CAMP/LESSONS \$**

(POOL CLOSED)

3:15PM-9:00PM

**OPEN SWIM**

(2 LANES LAP SWIM)

9:00PM-11:00PM

**POOL CLOSED**

## WEDNESDAY

5:00AM-6:15AM

**LAP SWIM**

(2 LANES OPEN EXERCISE)

6:15AM-7:00AM

**DEEP WATER FIT**

Mod/High

(1 LANE LAP SWIM, AVAILABILITY DEPENDING  
ON CLASS SIZE)

7:00AM-8:00AM

**OPEN SWIM**

(2 LANES LAP SWIM)

8:00AM-9:00AM

**AQUA FIT**

Low/Mod

(1 LANE LAP SWIM, AVAILABILITY DEPENDING  
ON CLASS SIZE)

9:00AM-10:00AM

**AQUA FIT**

Low/Mod

(1 LANE LAP SWIM, AVAILABILITY DEPENDING  
ON CLASS SIZE)

10:00AM-11:00AM

**KINDER CAMP \$**

(DEEP END OPEN & 2 LANES LAP SWIM)

11:00AM-1:00PM

**LAP SWIM**

(2 LANES OPEN EXERCISE)

1:00PM-2:00PM

**SWIM LESSONS \$**

(1 LANE LAP SWIM)

2:00PM-3:15PM

**DAY CAMP/LESSONS \$**

(POOL CLOSED)

3:15PM-9:00PM

**OPEN SWIM**

(2 LANES LAP SWIM)

9:00PM-11:00PM

**POOL CLOSED**

## THURSDAY

5:00AM-7:00AM

**LAP SWIM**

(2 LANES OPEN EXERCISE)

7:00AM-8:00AM

**OPEN SWIM**

(2 LANES LAP SWIM)

8:00AM-9:00AM

**AQUA FIT**

Low/Mod

(POOL CLOSED)

9:00AM-10:00AM

**DEEP WATER FIT**

Mod/High

(POOL CLOSED)

9:00AM-10:00AM

**SILVER SNEAKERS**

**SILVER SPLASH®**

Low/Mod

(POOL CLOSED)

10:00AM-11:00AM

**SILVER SNEAKERS**

**SILVER SPLASH®**

Low/Mod

(POOL CLOSED)

11:00AM-1:00PM

**LAP SWIM**

(2 LANES OPEN EXERCISE)

1:00PM-2:00PM

**SWIM LESSONS \$**

(1 LANE LAP SWIM)

2:00PM-3:15PM

**DAY CAMP/LESSONS \$**

(POOL CLOSED)

3:15PM-9:00PM

**OPEN SWIM**

(2 LANES LAP SWIM)

9:00PM-11:00PM

**POOL CLOSED**

## FRIDAY

5:00AM-6:15AM

**LAP SWIM**

(2 LANES OPEN EXERCISE)

6:15AM-7:00AM

**DEEP WATER FIT**

Mod/High

(1 LANE LAP SWIM, AVAILABILITY  
DEPENDING ON CLASS SIZE)

7:00AM-8:00AM

**OPEN SWIM**

(2 LANES LAP SWIM)

8:00AM-9:00AM

**AQUA FIT**

Low/Mod

(1 LANE LAP SWIM, AVAILABILITY  
DEPENDING ON CLASS SIZE)

9:00AM-11:00AM

**OPEN SWIM**

(2 LANES LAP SWIM)

11:00PM-1:00PM

**LAP SWIM**

(2 LANES OPEN EXERCISE)

1:00PM-2:00PM

**SWIM LESSONS \$**

(1 LANE LAP SWIM)

2:00PM-3:15PM

**DAY CAMP/LESSONS \$**

(POOL CLOSED)

3:15PM-9:00PM

**OPEN SWIM**

(2 LANES LAP SWIM)

9:00PM-11:00PM

**POOL CLOSED**

## SATURDAY

6:00AM-7:45AM

**LAP SWIM**

(2 LANES OPEN EXERCISE)

7:45AM-9:00AM

**AQUA FIT**

Low/Mod

(1 LANE LAP SWIM, AVAILABILITY  
DEPENDING ON CLASS SIZE)

9:00AM-11:00AM

**SWIM LESSONS \$**

(POOL CLOSED)

11:00AM-5:00PM

**OPEN SWIM**

(2 LANES LAP SWIM)

5:00PM-9:00PM

**POOL CLOSED**

## SUNDAY

6:00AM-5:00PM

**OPEN SWIM**

(2 LANES LAP SWIM)

5:00PM-9:00PM

**POOL CLOSED**

## LEGEND

**LOW** Low Intensity

**MOD** Moderate Intensity

**HIGH** High Intensity

**\$** Registration Required

\* All pool activities subject to  
change based on pool space



## CLASS DESCRIPTIONS

**Deep Water Fit:** The resistance from water while performing a variety of exercises is great for the total body. Flotation devices are available if assistance is needed.

**Aqua Fit:** A shallow water workout using water and equipment for resistance, toning muscles, and increasing endurance and flexibility.

**SilverSneakers SilverSplash:** Designed for our Active Older Adults, this class helps increase range of motion, strength, and stamina.

**Young at Heart:** This class is designed for individuals that want a class with lower impact. Range of motion and flexibility are emphasized.

**Aqua Zumba:** Aqua Zumba is a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

## POOL RULES

- Swimming without a guard on duty is prohibited
- Children under 9 must be accompanied in the water by an adult 16+
- Obey lifeguard at all times
- Electronics of any kind prohibited in pool area
- Running on deck is not permitted
- Shower before using the pool or hot tub
- Appropriate swimming suits & attire must be worn at all times
- Breath holding activities are not permitted
- Gum, food, soda, etc. are not permitted in the pool area
- Horseplay, improper ramp use, or any unsafe behavior, as determined by the lifeguard, is prohibited
- Vulgar or offensive language or actions, including PDA, is not permitted
- Children not toilet-trained must wear a swim diaper
- Spitting in the water or on pool deck is not permitted
- Bandages, open cuts, and wounds are not permitted in the water
- Dive only where permitted

## FACILITY HOURS

### REGULAR HOURS

Labor Day to Memorial Day

M-F 5AM-9PM

SAT 6AM-9PM

SUN 6AM-6PM

### SUMMER HOURS

Memorial Day to Labor Day

M-F 5AM-11PM

SAT 6AM-7PM

SUN 6AM-6PM

## 2025 HOLIDAY HOURS

NEW YEARS DAY - JAN 1	10AM-4PM
EASTER - APR 20	CLOSED
MEMORIAL DAY - MAY 26	7AM-12PM
INDEPENDENCE DAY - JUL 4	CLOSED
LABOR DAY - SEP 1	7AM-12PM
THANKSGIVING - NOV 27	CLOSED
CHRISTMAS EVE - DEC 24	7AM-12PM
CHRISTMAS DAY - DEC 25	CLOSED
NEW YEARS EVE - DEC 31	6AM-6PM

## STAY CONNECTED WITH US

For daily schedules, updates, cancellations, & facility notifications and more:

- Download our YMCA360 app onto your phone and enable push notifications
- Opt-in for text message alerts by texting MINOTYMCA to 54539
- Follow us on Facebook, Instagram, Twitter
- Subscribe to our website blog



### MINOT FAMILY YMCA

3515 16th St SW

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FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## JUSTADD WATER

### Pool Schedule

MINOT FAMILY YMCA



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