

POOL & AQUATICS CLASS SCHEDULE

EFFECTIVE DATE 7/20/2025-7/26/2025

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-12:00PM
OPEN SWIM
(2 LANES LAP SWIM)

12:00PM-2:00PM
PRAIRIE GRIT SWIM \$
(POOL CLOSED)

2:00PM-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

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MINOT FAMILY YMCA

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Pool Schedule

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