



**SUMMER  
2024**

## **Outdoor Lap Swim**

### **Sand Park Pool**

Monday 10:15-12:30  
Monday 6:10-7:40PM  
Tuesday 6:10-7:40PM  
Wednesday 10:15-12:30  
Wednesday 6:10-7:40PM  
Thursday 6:10-7:40PM  
Saturday 11:00-12:30

### **Alpine Pool**

Monday 10:15-12:30  
Tuesday 10:15-12:30  
Tuesday 6:10-7:40PM  
Wednesday 10:15-12:30  
Wednesday 6:10-7:40PM  
Thursday 10:15-12:30  
Thursday 6:10-7:40PM

## **Aqua Fitness**

### **Sand Park Pool**

Aqua Fitness Rotation  
Tuesday 10:15AM  
Tuesday 11:15AM  
Thursday 10:15AM  
Thursday 11:15AM

### **Alpine Pool**

Aqua Boot Camp  
Monday 6:10PM  
Aqua Dance  
Monday 7:00PM

- Reservations required for aqua fitness classes.
- Lane sharing is required for lap swim.
- Available for YMCA Members only. Activities are weather dependent.
- NO lap swim or aqua fitness Thursday, July 4 or Saturday, July 6.