



Pool Programs

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Updated: 2/22/2018

This guide is designed to help you be aware of the various programs and classes offered through Aquatics. For a full description of Pool Lane Availability please see Aquatic Directors office window for complete details. Questions/Comments please contact the Aquatics Director.

Swim Test may be given during periods of Lap Swimming. Please understand these need to be completed to allow everyone an opportunity to utilize the pools. We may ask if you can share your space for a moment of time.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY						
Indoor Hours	12:00p-5:30p	6:00a-9:30p	6:00a-9:30p	6:00a-9:30p	6:00a-9:30p	6:00a-9:30p	7:30a-7:30p						
Bubble Hours	12:00p-5:30p	4p-8p	4p-8p	4p-8p	4p-8p	4p-8p	1p-7:30p						
6:00													
6:30													
7:00													
7:30													
8:00													
8:30													
9:00													
9:30													
10:00								SWIM LESSONS 10:00a-11:30a	Rock the Waves 10:00a-10:50a		SWIM LESSONS 9:30a-11:00a		H2O Fitness to the Max 9:00a-9:50a
10:30													Aqua Bootcamp 10:00a-11:00a
11:00	SilverSplash 11:30a-12:20p		SilverSplash 11:30a-12:20p	Rock the Waves 11:00a-11:50a	SilverSplash 11:30a-12:20p	SWIM LESSONS 9:00a-12:30p							
11:30													
12:00													
12:30													
1:00		SWIM LESSONS 1:00p-2:30p	SWIM LESSONS 1:00p-2:30p										
1:30													
2:00													
2:30													
3:00													
3:30													
4:00	Lakota YMCA Stingrays SWIM Practice Monday-Friday 3:45p-8:30p												
4:30													
5:00													
5:30													
6:00							SWIM LESSONS 5:30p-7:45p		SWIM LESSONS 5:30p-7:45p				
6:30													
7:00		H2O Fitness To The Max 7:00p-7:50p		Amped Up H2O 7:00p-7:50p									
7:30													
8:00													
8:30													
9:00													
9:30													
10:00													

Lakota Family YMCA strives to give the members the best experience possible as well as open our doors to helping the community. Lakota Y also continues to run our own programs for our members and community. Please be aware that we are taking the best interest of everyone each day. If you have any questions or concerns please

Open/Lap Swim Schedule

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	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
Indoor Hours	12:00p-5:30p	6:00a-9:30p	6:00a-9:30p	6:00a-9:30p	6:00a-9:30p	6:00a-9:30p	7:30a-7:30p		
Bubble Hours	12:00p-5:30p	4p-8p	4p-8p	4p-8p	4p-8p	4p-8p	1p-7:30p		
6:00		LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY			
6:30		6:00a-8:00a	6:00a-8:00a	6:00a-8:00a	6:00a-8:00a	6:00a-8:00a			
7:00									
7:30		LAP & OPEN SWIM	LAP & OPEN SWIM	LAP & OPEN SWIM	LAP & OPEN SWIM	LAP & OPEN SWIM		LAP SWIM ONLY	
8:00									
8:30									
9:00		LAP & OPEN SWIM 12:00p-5:30p	LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY		LAP SWIM ONLY	NO LAP & NO OPEN SWIM 9:00a-12:30p
9:30									
10:00			LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY		LAP SWIM ONLY	
10:30									
11:00	LAP & OPEN SWIM		LAP SWIM ONLY	LAP SWIM ONLY	LAP & OPEN SWIM	LAP / OPEN SWIM			
11:30									
12:00									
12:30	LAP & OPEN SWIM		LAP SWIM ONLY	LAP SWIM ONLY	LAP & OPEN SWIM	LAP / OPEN SWIM	Lap Swim Open Swim		
1:00									
1:30	LAP & OPEN SWIM		LAP & OPEN SWIM	LAP & OPEN SWIM	LAP & OPEN SWIM	LAP & OPEN SWIM	LAP / OPEN SWIM		
2:00									
2:30	LAP & OPEN SWIM 12:00p-5:30p	LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY	LAP SWIM ONLY	Lap Swim Open Swim 12:30p-7:30p		
3:00									
3:30		NO LAP SWIM NO OPEN SWIM	NO LAP SWIM NO OPEN SWIM	NO LAP SWIM NO OPEN SWIM	NO LAP SWIM NO OPEN SWIM	NO LAP SWIM NO OPEN SWIM			
4:00									
4:30		NO LAP SWIM NO OPEN SWIM	NO LAP SWIM NO OPEN SWIM	NO LAP SWIM NO OPEN SWIM	NO LAP SWIM NO OPEN SWIM	NO LAP SWIM NO OPEN SWIM			
5:00									
5:30		NO LAP SWIM NO OPEN SWIM	NO LAP SWIM NO OPEN SWIM	NO LAP SWIM NO OPEN SWIM	NO LAP SWIM NO OPEN SWIM	NO LAP SWIM NO OPEN SWIM			
6:00									
6:30		NO LAP SWIM NO OPEN SWIM	NO LAP SWIM NO OPEN SWIM	NO LAP SWIM NO OPEN SWIM	NO LAP SWIM NO OPEN SWIM	NO LAP SWIM NO OPEN SWIM			
7:00									
7:30	Lap Swim	Open Swim	Lap Swim	Open Swim	Open Swim	Open Swim Only			
8:00									
8:30	LAP SWIM ONLY	LAP & OPEN SWIM	LAP & OPEN SWIM	LAP & OPEN SWIM	LAP & OPEN SWIM	LAP & OPEN SWIM			
9:00									
9:30	LAP & OPEN SWIM	LAP & OPEN SWIM	LAP & OPEN SWIM	LAP & OPEN SWIM	LAP & OPEN SWIM	LAP & OPEN SWIM			
10:00									

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Monday's

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
6:00a	Lap Swim 6:00a-8:00a	Lap Swim 6:00a-8:00a	Lap Swim 6:00a-8:00a	Lap Swim ONLY 6:00a-11:30p	Lap Swim ONLY 6:00a-4:00p	Lap Swim ONLY 6:00a-3:45p
6:30a						
7:00a						
7:30a						
8:00a	Open Swim 8:00a-9:30a	Open Swim 8:00a-9:30a	Open Swim 8:00a-9:30a			
8:30a						
9:00a						
9:30a	Swim Lessons 9:30a-11:30a	Swim Lessons 9:30a-11:30a	Swim Lessons 9:30a-11:30a			
10:00a						
10:30a						
11:00a						
11:30a	SilverSplash 11:30a-12:20p	SilverSplash 11:30a-12:20p	SilverSplash 11:30a-12:20p	SilverSplash 11:30a-12:20p	SilverSplash *IF 25 Participants or more*	
12:00p						
12:30p	Open Swim 12:30p-4:00p	Open Swim 12:30p-4:00p	Open Swim 12:30p-4:00p	Lap Swim 12:30p-3:45p	Lap Swim 12:30p-4:00p	
1:00p						
1:30p						
2:00p						
2:30p						
3:00p						
3:30p						
4:00p	Lap Swim 4:00p-5:15p	Lakota Y Team 3:45p-5:30p	Lakota Y Team 3:45p-8:30p	Lakota Y Team 3:45p-8:30p	Lakota Y Team 3:45p-8:30p	Lakota Y Team 3:45p-8:30p
4:30p						
5:00p						
5:15p	Swim Lessons 5:15p-8:00p	Swim Lessons 5:15p-8:00p				
5:45p						
6:00p						
6:15p						
6:30p						
6:45p						
7:00p						
7:15p						
7:30p						
7:45p						
8:00p	Lap Swim 8:00p-9:30p	Lap Swim 8:00p-9:30p	Lap Swim 8:30p-9:30p	Lap Swim 8:30p-9:30p	Lap Swim 8:30p-9:30p	Lap Swim 8:30p-9:30p
8:15p						
8:30p						
8:45p						
9:00p						
9:30p						

Tuesday's

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
6:00a	Lap Swim Only 6:00a-8:00a	Lap Swim Only 6:00a-8:00a	Lap Swim Only 6:00a-8:00a	Lap Swim Only 6:00a-10:30a	Lap Swim Only 6:00a-8:00a	Lap Swim Only 6:00a-8:00a
6:30a						
7:00a						
7:30a						
8:00a						
8:30a	Open Swim 8:00a-10:00a	Open Swim 8:00a-10:00a	Open Swim 8:00a-10:00a			
9:00a						
9:30a						
10:00a	Rock the Waves 10:00a-10:50a	Rock the Waves 10:00a-10:50a	Rock the Waves 10:00a-10:50a	Swim Lessons 10:30a-11:00a		
10:30a						
11:00a	Open Swim 11:00a-1:00p	Open Swim 11:00a-1:00p	Open Swim 11:00a-1:00p	Lap Swim 11:00a-4:00p		
11:30a						
12:00p	Swim Lessons 12:30p-2:30p	Swim Lessons 1:00p-2:30p	Swim Lessons 1:00p-2:30p			
12:30p						
1:00p						
1:30p	Open Swim 2:30p-4:00p	Open Swim 2:30p-4:00p	Open Swim 2:30p-4:00p			
2:00p						
2:30p						
3:00p	Lap Swim 4:00p-7:00p	Lakota Y Team 3:45p-7:00p	Lakota Y Team 3:45p-8:30p	Lakota Y Team 3:45p-8:30p	Lakota Y Team 3:45p-8:30p	Lakota Y Team 3:45p-8:30p
3:30p						
4:00p						
4:30p						
5:00p						
5:30p						
5:45p						
6:00p						
6:15p						
6:30p						
6:45p						
7:00p	H2O Fitness to the MAX 7:00p-7:50p	H2O Fitness to the MAX 7:00p-7:50p				
7:15p						
7:30p						
7:45p	OPEN SWIM 8:00p-9:30p	OPEN SWIM 8:00p-9:30p				
8:00p						
8:15p						
8:30p	Lap Swim 8:30p-9:30p					
8:45p						
9:00p						
9:30p						
9:30p						

Wednesday's

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
6:00a	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
6:30a						
7:00a						
7:30a						
8:00a	OPEN SWIM 8:00a-11:30a	OPEN SWIM 8:00a-11:30a	OPEN SWIM 8:00a-11:30a	6:00a-11:30a	Lap Swim ONLY 6:00a-11:30a	Lap Swim ONLY 6:00a-4:00p
8:30a						
9:00a						
9:30a						
10:00a						
10:30a						
11:00a	SilverSplash 11:30a-12:20p	SilverSplash 11:30a-12:20p	SilverSplash 11:30a-12:20p	SilverSplash 11:30a-12:20p	SilverSplash *IF 25 Participants or more*	
11:30a						
12:00p	Swim Lessons 12:30p-2:30p	Swim Lessons 12:30p-2:30p	Swim Lessons 12:30p-2:30p	Lap Swim 12:30p-4:00p	Lap Swim 12:30p-4:00p	
12:30p						
1:00p						
1:30p						
2:00p	Open Swim 2:30p-4:00p	Open Swim 2:30p-3:45p	Open Swim 2:30p-3:45p			
2:30p						
3:00p						
3:30p	Lap Swim 4:00p-5:15p	Lakota Y Team 3:45p-5:30p	Lakota Y Team 3:45p-8:30p	Lakota Y Team 3:45p-8:30p	Lakota Y Team 3:45p-8:30p	Lakota Y Team 3:45p-8:30p
4:00p						
4:30p						
5:00p						
5:15p						
5:45p						
6:00p						
6:15p						
6:30p						
6:45p						
7:00p						
7:15p						
7:30p						
7:45p						
8:00p	Lap Swim 8:00p-9:30p	Lap Swim 8:00p-9:30p				
8:15p						
8:30p						
8:45p						
9:00p						
9:30p						
			Lap Swim 8:30p-9:30p	Lap Swim 8:30p-9:30p	Lap Swim 8:30p-9:30p	Lap Swim 8:30p-9:30p

Thursday's

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
6:00a	Lap Swim ONLY 6:00a-8:00a	Lap Swim ONLY 6:00a-8:00a	Lap Swim ONLY 6:00a-8:00a	Lap Swim ONLY 6:00a-11:00a	Lap Swim ONLY 6:00a-3:45p	Lap Swim ONLY 6:00a-3:45p
6:30a						
7:00a						
7:30a						
8:00a						
8:30a	Open Swim 8:00a-9:30a	Open Swim 8:00a-9:30a	Open Swim 8:00a-9:30a			
9:00a						
9:30a	Swim Lessons 9:30a-11:30a	Swim Lessons 9:30a-11:30a	Swim Lessons 9:30a-11:30a			
10:00a						
10:30a						
11:00a	H2O Fitness 11:00a-11:50a	H2O Fitness 11:00a-11:50a	H2O Fitness 11:00a-11:50a	H2O Fitness 11:00a-11:50a		
11:30a						
12:00p	Open Swim 12:00p-4:00p	Open Swim 12:00p-4:00p	Open Swim 12:00p-4:00p	Lap Swim 12:00p-4:00p		
12:30p						
1:00p						
1:30p						
2:00p						
2:30p						
3:00p						
3:30p						
4:00p	Lap Swim 4:00p-7:00p	Lap Swim 4:00p-7:00p	Lakota Y Team 4:00p-8:15	Lakota Y Team 4:00p-8:15	Lakota Y Team 4:00p-8:15	Lakota Y Team 4:00p-8:15
4:30p						
5:00p						
5:30p						
5:45p						
6:00p						
6:15p						
6:30p						
6:45p						
7:00p						
7:15p						
7:30p						
7:45p	OPEN SWIM 8:00p-9:30p	OPEN SWIM 8:00p-9:30p				
8:00p						
8:15p						
8:30p						
8:45p						
9:00p						
9:30p						

Friday's

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6						
6:00a	Lap Swim 6:00a-8:00a	Lap Swim 6:00a-8:00a	Lap Swim 6:00a-8:00a	Lap Swim 6:00a-11:30a	Lap Swim 6:00a-3:45p	Lap Swim 6:00a-3:45p						
6:30a												
7:00a												
7:30a												
8:00a	OPEN SWIM 8:00a-11:30a	OPEN SWIM 8:00a-11:30a	OPEN SWIM 8:00a-11:30a	Lap Swim 6:00a-11:30a	Lap Swim 6:00a-3:45p	Lap Swim 6:00a-3:45p						
8:30a												
9:00a												
9:30a												
10:00a												
10:30a	SilverSplash 11:30a-12:20p	SilverSplash 11:30a-12:20p	SilverSplash 11:30a-12:20p	SilverSplash 11:30a-12:20p	SilverSplash *IF 25 Participants or more*	Lap Swim 6:00a-3:45p						
11:00a												
11:30a	OPEN SWIM 12:30p-4:00p	OPEN SWIM 12:30p-4:00p	OPEN SWIM 12:30p-4:00p	Lap Swim 12:30p-4:00p	Lap Swim 6:00a-3:45p	Lap Swim 6:00a-3:45p						
12:00p												
12:30p												
1:00p												
1:30p												
2:00p												
2:30p												
3:00p												
3:30p	Lap Swim 4:00p-9:30p	Lakota Y Team 3:45p-8:30p	Lakota Y Team 3:45p-8:30p	Lakota Y Team 3:45p-8:30p	Lakota Y Team 3:45p-8:30p	Lakota Y Team 3:45p-8:30p						
4:00p												
4:30p												
5:00p												
5:30p												
5:45p												
6:00p												
6:15p												
6:30p												
6:45p												
7:00p	Lap Swim 4:00p-9:30p	Lakota Y Team 3:45p-8:30p	Lakota Y Team 3:45p-8:30p	Lakota Y Team 3:45p-8:30p	Lakota Y Team 3:45p-8:30p	Lakota Y Team 3:45p-8:30p						
7:15p												
7:30p												
7:45p												
8:00p												
8:15p												
8:30p							Lap Swim 8:30p-9:30p	Lap Swim 8:30p-9:30p	Lap Swim 8:30p-9:30p	Lap Swim 8:30p-9:30p	Lap Swim 8:15p-9:30p	Lap Swim 8:15p-9:30p
8:45p												
9:00p												
9:15p												
9:30p												

Saturday's

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6			
7:30a	LAP SWIM 8:00a-9:00a	LAP SWIM 8:00a-9:00a	LAP SWIM 8:00a-9:00a	LAP SWIM 8:00a-9:00a	LAP SWIM 8:00a-9:00a	LAP SWIM 8:00a-9:00a			
8:00a									
8:30a									
9:00a	H2O Fitness to the Max 9:00a-10:00a	H2O Fitness to the Max 9:00a-10:00a	H2O Fitness to the Max 9:00a-10:00a	SWIM LESSONS 9:00a-10:30a	SWIM LESSONS 9:00a-10:30a	SWIM LESSONS 9:00a-10:30a			
9:30a									
10:00a	SWIM LESSONS 10:00-12:30	SWIM LESSONS 10:00-12:30	Aqua Boot Camp 10:00a-11:00a	Aqua Boot Camp	Aqua Boot Camp	Aqua Boot Camp			
10:30a									
11:00a			SWIM LESSONS 11:00a-12:30p	SWIM LESSONS 11:00a-12:30p	SWIM LESSONS 11:00a-12:30p	SWIM LESSONS 11:00a-12:30p	SWIM LESSONS 11:00a-12:30p		
11:30a									
12:00p									
12:30p	OPEN SWIM	OPEN SWIM	OPEN SWIM	Lap Swim	Lap Swim	Lap Swim			
1:00p									
1:30p									
2:00p				12:30p-3:00p	12:30p-3:00p	12:30p-3:00p	12:30p-3:30p	12:30p-3:30p	12:30p-3:30p
2:30p									
3:00p	Lap Swim 3:00p-6:30p	Lap Swim 3:00p-6:30p	Lakota Stingrays 3:00p-6:30p	Lakota Stingrays 3:00p-6:30p	Lakota Stingrays 3:00p-6:30p	Lakota Stingrays 3:00p-6:30p			
3:30p									
4:00p									
4:30p									
5:00p									
5:30p	OPEN SWIM								
6:00p									
6:30p									
7:00p	OPEN SWIM								
7:30p									

Sunday's

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
12:00p	Open Swim 12:00p-5:30p	Open Swim 12:00p-5:30p	Open Swim 12:00p-5:30p	Lap Swim 12:00p-5:30p	Lap Swim 12:00p-5:30p	Lap Swim 12:00p-5:30p
12:30p						
1:00p						
1:30p						
2:00p						
2:30p						
3:00p						
3:30p						
4:00p						
4:30p						
5:00p						
5:30p						