

## AQUATICS SCHEDULE Nov. 23-Dec.21 THE YMCA OF GREATER KALMAZOO

## **PORTAGE**

2900 W. Centre Ave

**Questions?** Contact Portage

For a better us.®

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap Lanes	Lap Lanes	Lap Lanes	Lap Lanes	Lap Lanes	Lap Lanes	Lap Lanes
11a-12:30p	6-7:55a	6-7:55a	6-7:55a	6-7:55a	6-7:55a	8-9a
Family Swim	Open Water Ex	Open Water Ex	Open Water Ex	Open Water Ex	Open Water Ex	Swim Lessons
Lap Lanes	Lap Lanes	Lap Lanes	Lap Lanes	Lap Lanes	Lap Lanes	Lap Lanes
12:30-3:30p	8-8:45	8-8:45	8-8:45	8-8:45	8-8:45	9-11:30a
Lap Lanes	Aqua Jam	Water Exercise	Deep water arth.+	Water Exercise	Aqua Jam	Lap Lanes
3:30-4:30p	Lap Lanes	NO LAP LANES	Lap Lanes	NO LAP LANES	Lap Lanes	11:30a-12:30p
	9-9:45a	9-9:45a	9-9:45a	9-9:45a	9-9:45a	
	Water Exercise	Swim Lessons	Water Exercise	Cardio Drumming	Water Exercise	Family Swim
	Lap Lanes	Lap Lanes	NO LAP LANES	Lap Lanes	NO LAP LANES	Lap Lanes
	10-10:45a	10-11a	10-10:45a	10-10:45a	10-10:45a	12:30-3p
	Water Exercise	Arthritis	Aqua Jam	Arthritis	Family Swim	Pool Closed-
	NO LAP LANES	Lap Lanes	Lap Lanes	Lap Lanes	Lap Lanes	Safety Break
	11-11:45a	11-11:45a	11-11:45a	11-11:45a	11a-12p	3-3:15p
	Lap Lanes	Lap Lanes	Lap Lanes	Lap Lanes	Lap Lanes	Lap Lanes
	12-1p	12-2:45p	12-1p	12-2:45p	12-4:00	3:15-4:30p
	Swim Lessons	Family Swim	Swim Lessons	Family Swim	Family Swim	
	Lap Lanes	Lap Lanes	Lap Lanes	Lap Lanes	Lap Lanes	
	1-2p	2:45-3:45p	1-2p	2:45-3:45p	4-7:30p	
	Lap Lanes	Swim Lessons	Lap Lanes	Swim Lessons		
	2-2:45p	Lap Lanes	2-2:45p	Lap Lanes		
		4-6:00p		4-6p		
	Family Swim	Swim Team	Family Swim	Water Exercise		
	Lap Lanes	Lap Lanes	Lap Lanes	NO LAP LANES		
	2:45-3:45p	6-7:30p	2:45-3:45p	6-6:45p		
	Swim Lessons	Lap Lanes	Swim Lessons	Family Swim		Lap Lanes are adult
	Lap Lanes	Family Swim	Lap Lanes	Lap Lanes		use time for either lap swim or water
	4-6:30p	7-8:30p	4-7:15p	7-8:30p		exercise
*Paid Programming-	Family Swim/Lap		Family Swim/Lap			Revised 12/10/25
Register in your Y account for sessions	Lanes 7-8:30p		Lanes 7:15-8:30p			