



DOW BAY AREA FAMILY YMCA

POOL SCHEDULE

POOL HOURS

Monday–Thursday
5:00 AM–8:30 PM

Friday
5:00 AM–7:30 PM

Saturday
7:00 AM–5:30 PM

Sunday
9:00 AM–4:30 PM

**Don't Forget Your
Lock & Towel!**

DAY PASSES

\$10 Per Person



LEISURE POOL OPEN SWIM

SUN: 9:00 AM–11:45 AM
2:00 PM–4:30 PM

MON:* 5:00 AM–8:30 PM

TUE: 5:00 AM–8:30 PM

WED:* 5:00 AM–1:00 PM
6:00 PM–8:30 PM

THUR: 5:00 AM–8:30 PM

FRI:* 5:00 AM–7:30 PM

SAT: 7:00 AM–8:30 AM
2:00 PM–5:30 PM

*Splash Features can be turned on by
request.*

**Adult Water Walk 11:00 AM–12:00 PM*

SPLASH FEATURES+SLIDE

SUN: 2:00 PM–4:20 PM

FRI: 3:30 PM–7:20 PM

SAT: 2:00 PM–5:20 PM

LAP LANE 1 DROP-IN

SUN: 9:00 AM–4:30 PM

MON: 5:00 AM–8:30 PM

TUE: 5:00 AM–7:00 AM
8:00 AM–6:00 PM
7:00 PM–8:30 PM

WED: 5:00 AM–1:00 PM
3:00 PM–4:00 PM
6:00 PM–8:30 PM

THUR: 5:00 AM–6:00 PM
8:00 PM–8:30 PM

FRI: 5:00 AM–7:30 PM

SAT: 7:00 AM–8:30 AM
11:30 AM–5:30 PM

*Drop-in swimmers will be placed in
Lane 1. Lane 1 is unavailable during lap
programs.*

*Drop-in swimmers are asked to follow
Seaway Swim rules.*

*Lanes 2–4 are by reservation, to reserve Lap
Lanes 2–4, please call the front desk or go online.*



WATER AEROBICS SCHEDULE

2026

Monday

8:30 AM–9:15 AM	AquaFitness Plus	Veva
9:30 AM–10:15 AM	AquaFitness	Veva
10:30 AM–11:00 PM	Ai Chi	Rob
6:00 PM–7:00 PM	AquaFitness Plus	Veva

Tuesday

8:30 AM–9:15 AM	AquaFitness Plus	Will
9:30 AM–10:15 AM	AquaFitness	Will
10:30 AM–11:15 AM	AquaTone	Karen
6:00 PM–7:00 PM	Hydro Revolution	Ox

Wednesday

7:30 AM–8:15 AM	AquaTone	Karen
8:30 AM–9:15 AM	Waterworks	Karen
9:30 AM–10:15 AM	Senior Splash	Karen
10:30 AM–11:15 AM	AquaFitness	Abby
6:00 PM–7:00 PM	Deep Water Aerobics	Ox

Thursday

7:30 AM–8:15 AM	Aqua Tone	Karen
8:30 AM–9:15 AM	AquaFitness Plus	Anna
9:30 AM–10:15 AM	AquaFitness	Anna
6:00 PM–7:00 PM	AquaFitness Plus	Veva

Friday

8:30 AM–9:15 AM	AquaFusion	Rob
9:30 AM–10:15 AM	Gentle AquaFusion	Rob
12:15 PM–12:45 PM	Aqua Barre	Anna