



DOW BAY AREA FAMILY YMCA

OPEN SWIM

MARCH 2026

POOL RULES

Those under 13 who cannot pass swim test must have adult 18+ in the water with them.

SPLASH FEATURES +SLIDE

SUN: 1:00 PM–4:20 PM

FRI: 3:30 PM–7:20 PM

SAT: 1:00 PM–5:20 PM



LEISURE POOL

SUN: 9:00 AM–11:45 AM
1:00 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
2:30 PM–4:00 PM
5:30 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
1:00 PM–5:30 PM

Splash Features can be turned on by request.

**Adult Water Walk 11:00 AM–12:00 PM*

www.ymcabaycity.org/aquatics



WATER AEROBICS SCHEDULE

MARCH

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 |
| 11:15 AM–12:00 PM | Aqua Barre | Anna |