



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
7:00 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