



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
5:00 PM–7:00 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*



WATER AEROBICS SCHEDULE

MAY 2026

Monday

8:30 AM–9:15 AM	AquaFitness Plus	Veva
9:30 AM–10:15 AM	AquaFitness	Veva
10:30 AM–11:00 AM	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	Aqua PowerBall & Strength	Karen
8:30 AM–9:15 AM	AquaTone	Karen
9:30 AM–10:15 AM	AquaFitness Plus	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	AquaTone	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