HEALTHY LIVING – BLAIR REGIONAL YMCA

AQUATICS SCHEDULE | LAP POOL– NOVEMBER 2026 CLOSED THANKSGIVING DAY

	Monday 5am–8pm	Tuesday 5am–8pm	Wednesday 5am–8pm	Thursday 5am–8pm	Friday 5am–7pm	Saturday 7am–2pm	Sunday 10am–3pm
5 am	5a–8:45a Open Swim	5a–8:45a Open Swim	5a–8:45a Open Swim	5a–8:45a Open Swim	5a–8:45a Open Swim		
6 am							
7 am						7am–2pm Open Swim	
8 am	8:45a–9:45a Aqua Flex Sue F 3–4 lanes available	8:45a–9:45a Aqua Flex Sue F 3–4 lanes available	8:45a–9:45a Aqua Aerobics Jo 3–4 lanes available	8:45a–9:45a Aqua Flex Sue F 3–4 lanes available	8:45a–9:45a Aqua Aerobics Jo 3–4 lanes available		
9am							
10 am	9:45am–4pm Open Swim	9:45am–4pm Open Swim	9:45am–4pm Open Swim	9:45am–4pm Open Swim	9:45am–7pm Open Swim		10am–3pm Open Swim
11 am							
12 pm							
1 pm							
2 pm							
3 pm							
4 pm	4–6pm Swim Lessons 5–6 Swim Team 1 lane available	See M/W/TH	4pm–6pm Swim Lessons 5–6 Swim Team 1 lane available				
5 pm		4:30–5:30pm Aqua Blast– Jo					
6 pm	Swim Team 6pm–8pm 1 lane available						
7pm							
8 pm							

- Sea Scouts– Nov 22nd–2p–3p– Lap Pool
- Homeschool –Nov 19th – 12p–1p Warm Pool
- AquaBoard Pop Ups– Thursdays 4:30p–5:30p and Fridays 10a–11a (sign up required)

***** All schedules and lane availability are subject to change. Some groups will not be listed on the schedule. Pool Parties may not occur every weekend. Watch for announcements regarding upcoming events and changes.*

LAP POOL RULES: In order to accommodate all members and patrons, as well as maximize the pool to the best of its ability, please abide by the following rules. Full LAP POOL RULE are posted in the LAP POOL for your convenience those who fail to follow these rules will be asked to leave the pool:

LAP SWIMMING:

- When possible, enter and exit from the lane in which you are swimming.
- Everyone MUST share their lane if the need arises.

Lane Sharing Etiquette

- 2 people in a lane: Each person take a side of the center line and swim on that side up and back.
- 3 or more people in a lane: Circle swim– each person swims to the right of the center line up and back, effectively making a circle in the lane as they swim.

AQUA AEROBICS:

- Aqua Aerobics are guaranteed 2 lanes, Lanes #1 and #2, for all class designated times and days.
- Due to popularity and timing of some of the classes, the number of class attendees may warrant the need for a use of a 3rd lane. If warranted, a 3rd lane (Lane #3), will be made available for the class. Factors in deciding include: Class size over 30 attendees, over 8 lap swimmers–If class size is under 30, other classes or activity occurring at the time.
- Only a BRY staff person can move or remove people from lanes for Aqua Aerobic classes or Lap Swimming.

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AQUATICS SCHEDULE | WARM POOL– NOVEMBER 2026 CLOSED THANKSGIVING DAY

	Monday 5am–8pm	Tuesday 5am–8pm	Wednesday 5am–8pm	Thursday 5am–8pm	Friday 5am–7pm	Saturday 7am–2pm	Sunday 10am–3pm
5 am	5a–9:45a Open Swim	5–4 Open Swim	5a–9:45a Open Swim	5–4 Open Swim	5a–9:45a Open Swim		
6 am						7am–9:00am Open Swim	
7 am							
8 am							
9am						9:00a–11:30a Swim Lessons	
	9:45a–10:45a Joints in Motion Wendy		9:45a–10:45a Joints in Motion Wendy		9:45a–10:45a Joints in Motion Wendy		
10 am							10am–3pm Open Swim
11 am	11a–12p Arthritis Aqua Sue B		11a–12p Arthritis Aqua Sue B		11a–12p Arthritis Aqua Sue B	11:30am–2pm Open Swim	
12 pm	12pm–4pm Open Swim		12pm–4pm Open Swim		12pm–6:30pm Open Swim		
1 pm							
2 pm							
3 pm							
4 pm	4pm–5pm Swim Lessons	4pm–5pm Swim Lessons	4pm–5pm Swim Lessons	4pm–5pm Swim Lessons			
5 pm	5pm–6pm Aqua Flex Sue F	5pm–6pm Aqua Flex Sue F	5pm–6pm Open Swim	5pm–6pm Aqua Flex Sue F			
6 pm	6pm–7pm Swim Lessons	6pm–7pm Swim Lessons	6pm–7pm Swim Lessons	6pm–7pm Swim Lessons			
7pm	7pm–8pm Open Swim	7pm–8pm Open Swim	7pm–8pm Open Swim	7pm–8pm Open Swim			
8 pm							

- Sea Scouts– Nov 22nd–2p–3p–Lap Pool
- Homeschool –Nov 19th – 12p–1p Warm Pool
- AquaBoard Pop Ups– Thursdays 4:30p–5:30p and Fridays 10a–11a (sign up required)

**White time blocks indicate open swim time. Grey time blocks are scheduled programs, and the pool is closed for open swim during that time.*

AQUA CLASS DESCRIPTIONS:

Arthritis Aquatic: is a structured water exercise program that focuses on: joint range of motion, stretching and flexibility, breathing techniques, and light aerobic activities. These gentle exercises are conducted in the warm-water pool, providing a safe and comfortable environment that reduces joint stress while promoting physical activity. (No Music)

Aqua Aerobics: 60 minute choreographed aquatic class with cardio and muscle conditioning. Class uses aqua dumbbells, noodles, and resistance bands and ends with static stretching of specific muscles. Upbeat music and easy to follow routines! Aquatics reduces pain and inflammation in joints and muscles, promotes strength and muscle endurance, and low impact exercise that is gentle on joints.

Aqua Flex: This water aerobics class is a fun, energetic, and supportive workout that combines cardio exercise, balance training, strength building with weights, and a relaxing cool down. This class provides a low-impact exercise in the water that's easy on the joints, making it perfect for people with leg challenges and mobility issues. What makes this class extra special is the spirt of determination and community. Everyone participates at their own level, no matter their ability or disability. It's more than just a class, it's a refreshing way to stay active, strong, and connected while having fun!

Joints in Motion: low-impact fitness class that provides a supportive environment for your body, reducing strain on muscles and joints. The buoyancy of water allows for greater range of motion and less impact, making it suitable for all ages and fitness levels. (No Music)